Diffuse Idiopathic Skeletal Hyperostosis (Dish Syndrome): A case Report.

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**Abstract**

*Introduction:* A 60 year old male, non Pakistani, diagnosed and treated outside Pakistan, presented with a history of 10-year intermittent low back pain, Bilateral knee Pain, planter fasciitis. Radiological examination of the spine disclosed findings of diffuse idiopathic skeletal hyper-ostosis (DISH). Radiography of the thoracic, cervical, lumbar, knees, hand and feet showed the typical enthesopathy of DISH.

Objectives and Methodology: To find the management strategy of typical dish syndrome cases by using general principal of problem based Physio-therapeutic maskulo-skeltal management.

Conclusion: Problem based Physio-therapeutic maskulo-skeltal management is an effective strategy for the management of Dish Syndrome. Further studies may be needed to find more effective management strategy for Dish Syndrome.

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