Inflammatory cardiomyopathy is an inflammatory disease of the cardiac muscle caused by myocardial infiltration of immunocompetent cells following any kind of cardiac injury. Inflammatory cardiomyopathy is a challenging diagnosis due to the heterogeneity of clinical presentations. Progression of myocarditis to dilated cardiomyopathy occurs in 25% of cases and is linked to viral persistence. Therapeutic decisions are based on the results of endomyocardial biopsy studies and the patient’s clinical course. Once irreversible myocardial injury has occurred then the development or progression of heart failure in the long term can no longer be prevented. The aims are to bridge the gap between clinical and tissue-based diagnosis, to improve management of aetiology-driven treatment in inflammatory heart muscle disease.