

Fast Facts

Tendinitis

- Tendon connects muscle to bones, look like thick, fibrous cords and become less flexible as you age
 - Tendinitis is when a tendon is inflamed or irritated
- Can occur in any tendon, but is most likely to happen in your shoulders, elbows, wrists, knees and heels due to repetitive motions that take place over a period of time
 - Repetitive motions are common in sports
- Injury is more likely to occur due to the repetitiveness of certain motions, especially if proper technique is not use
 - Another source of injury is working in job that requires repetitive motions in awkward positions, forceful exertion, frequent overhead reaching or vibration
 - If you don't seek treatment right away, you are at risk for tendon rupture, especially true if you continue doing the activity that caused the inflammation
 - If the irritation continues for extended periods of time, you can develop a condition called tendinosis (permanent degenerative changes to the tendon)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Pain/ache that becomes worse when the affected limb/joint is moved -Tenderness to the area -Mild swelling	-Treated at home (unless severe) Reduce the pain by decreasing the inflammation: -Follow the acronym RICE (rest, ice, compression and elevation) -Take over-the-counter medicine that will help relieve pain (aspirin, acetaminophen) and inflammation (ibuprofen) -Corticosteroid injections or platelet-rich plasma (PRP) injections (involves taking a sample of your blood, separating out the platelets and other healing factors and then injecting them into the affected area)	-Avoid activities that put extreme stress on your tendons -If you notice pain during an activity, stop, rest and reduce the intensity at which you were performing the activity when you resume it -Mix up workout routines and alternate activities -Always use proper technique when working or performing activities -Take lessons to learn the best way to perform an activity -Stretch to increase your range of motion -Do strengthening exercises to help your muscles withstand the stress placed on them -Use good ergonomics when working

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