

Tendonitis

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Tendonitis is an inflammation of a tendon (a band of fibrous tissue connecting muscle to bone). The condition appears most often as a result of physical activity. It also can be a more generalized inflammatory disease, such as rheumatoid arthritis.

Causes of tendonitis include short or inflexible muscles, improper activity, lack of conditioning, and poor athletic equipment. Non athletes who suddenly begin long-distance jogging, or athletes who resume strenuous sports after a period of inactivity are especially susceptible. In addition, people who wear shoes with run down heels put needless tension on the Achilles tendon (which connects the calf muscles to the heel bone). Women who wear high heel shoes may also have problems with inflamed Achilles tendons because of the forced position of the foot.

Symptoms include pain in the affected tendon, which is worsened by activity. The tendon may grow thicker than normal and be tender to the touch or very painful. When minor injuries are continually placed under stress, an already inflamed tendon can rupture and become a greater problem.

Treatment begins with resting the affected area, omit activities, and ice to decrease inflammation. If pain persists, see your physician he/she will diagnose your condition and prescribe the proper treatment.

People who participate in sports can prevent tendonitis by taking time for warm-up before exercises. For example, stretching the leg and calf muscles before and after running helps prevent inflammation of the Achilles tendon. Wearing the proper shoes and supports during physical activity can correct instability of the foot and lessen pain.