



# Sievers Sports Medicine

## Patient Information Sheet

### **Condition:** Tendinopathy

- I. Tendinitis: Acute or short term pain and inflammation of tendon unit.
- II. Tendinosis: More chronic long term pain and degenerative changes within the tendon.
- III. Tendosynovitis: Inflammation around the tendon within the tendon sheath.

### **Treatments:**

- I. Relative rest: rest enough for pain to progressively decrease.
- II. Ice, compression, elevation: reduce inflammation.
- III. ROM and Stretching of affected muscles, tendons and ligaments.
- IV. Gentle and gradual strengthening of affected area, focusing mainly on eccentric exercises. (Example of an eccentric exercise: begin with the weight up and gradually lower it raising it on a 1-2 count with assistance from the healthy side then lowering it on a slower 3-4 count; starting with two sets of ten repetitions and gradually advancing to three sets of ten to twelve repetitions with slightly heavier weight. Note: Doing this too soon in the recover process may cause increased pain and relapse. Take home point: Listen to your body and don't over-do it!)
- V. Protection: Brace, splint, tendon strap (if needed).
- VI. Analgesics: Pain treatments
  - a. Tylenol
  - b. NSAIDs (non-steroidal anti-inflammatory drugs): Limit to infrequent use on chronic tendinopathies.
  - c. Topicals: Ben-gay, Aspercreme, Biofreeze, etc.
- VII. Massage
  - a. Ice massage: fill a Dixie cup to the brim with water and freeze. When frozen, peel the top of the cup off to expose the ice. Use this to massage affected area across the grain of the tendons for 5-10 minutes, gradually increasing pressure as pain allows.
  - b. Transverse friction massage: using a lotion or analgesic gel as a lubricant, gently massage across the grain of the tendons for 5-10 minutes, gradually increasing pressure as pain allows.
- VIII. Cross train: Less stressful activities such as biking or swimming.
- IX. Athletes may continue sports specific activities that are low impact or weight lifting of non-affected body parts.
- X. Balanced nutrition and adequate sleep.