

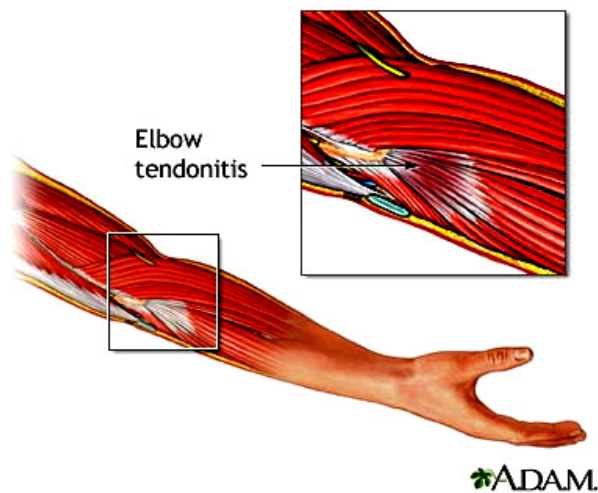
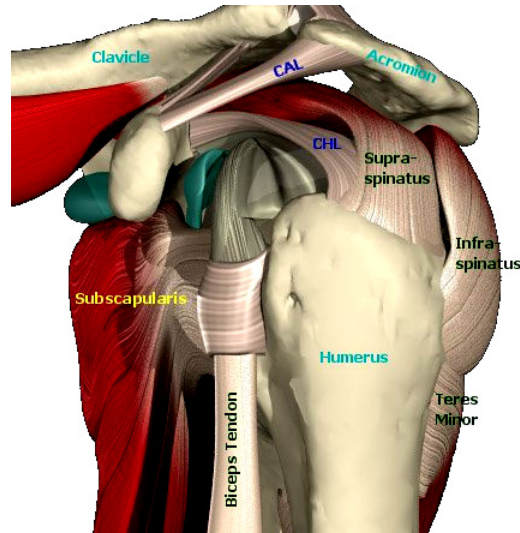
Tendonitis

Tendonitis is inflammation or irritation of a tendon. Tendons are the fibrous cords that link muscles to bones. Tendons around the shoulder, elbow, thigh, knee or back of the heel are the most common areas to be affected.

Symptoms: These vary and depend on the tendon affected, the cause and how severe the inflammation.

Symptoms may include:

- Pain that gets worse with movement of the affected area
- Grating or a crackling sensation in the tendon with movement
- Swelling, heat or redness around the area
- Weakness in the affected area
- Slight bruising after the initial injury
- Sometimes a tender, noticeable lump in the line of the tendon
- Feeling stiff and not being able to move the affected area
- A change in the normal position of the body part
- A distinct gap in the line of the tendon



Causes: Tendonitis is most commonly caused by overuse or injury to a particular tendon. A tear in the tendon may also cause this condition. It can occasionally be linked to other medical conditions, such as diabetes or gout.

Treatment: The inflammation may last a few days but if it is not treated it can last for weeks and possibly months. Physical therapy plays a major role in the rehabilitation of tendonitis. It will consist of muscle strengthening and flexibility exercises, preventative body mechanics, ice, and manual therapy.

The ultimate goals of therapy are a pain-free return to activity and prevention of recurrence.