

Orthogo Physical and Aquatic Therapy Newsletter

WHEN TENDINITIS REALLY ISN'T WHAT IT APPEARS TO BE

You know the term tendinitis. We have all heard it, but I would like to suggest to you that often times tendinitis really isn't tendinitis at all. Rather, it is a condition called tendinosis. If your tendon problem is chronic (lasting for more than 6 months), you probably have tendinosis.

Tendons are rope-like structures that attach muscle to bone. The Achilles tendon is probably the most well known tendon. Tendinitis is an "inflammation" of a tendon. Tendinitis is marked by:

- » Redness,
- » Warmth,
- » Swelling,
- » Pain,
- » Loss of function.

Quite often though, tendon problems have only a couple of these symptoms - pain and loss of function. As mentioned previously, if your tendon problem has been lingering for months, chances are you have tendinosis.

...ITIS OR ...OSIS WHY SHOULD I CARE?

There is a dramatic difference in the treatment for tendinitis versus tendinosis. With an inflamed tendon, treatment generally is geared towards preventing any stress on the tendon and taking action to minimize the inflammation, swelling and pain. Tendinosis on the other hand is a degeneration of the tendon fibers. Normal tendon fibers are replaced by weak and dysfunctional tissue that is very sensitive and painful. Treatment for this condition is geared towards breaking down this weak tissue and stimulating the body to replace it with normal, healthy tissue. Techniques like overloading the tendon with special exercises and cross friction massage are used to break up the old, weak tissue and stimulate proper repair.

A TENDINOSIS EXAMPLE

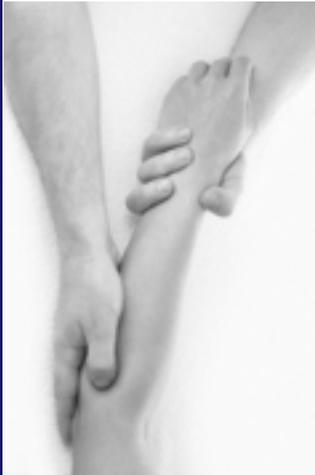
One such example of chronic tendon pain at the elbow is called medial tendinosis or golfer's elbow. This injury occurs when the elbow tendon absorbs the repetitive shock of the golf club hitting the ground. After thousands of repetitions of tendon stress, it may break down. Appropriate treatment consists of a thorough biomechanical evaluation and a custom treatment plan to help the tendon regenerate healthy tissue. Unfortunately, it can take months and you have to be very patient. Return to sport too early can cause a relapse. Give yourself 4-6 months to fully recover. Most of the rehabilitation can be done independently but it takes time. Remember, it takes time.

Coming Soon

See a PT first for low back pain - it works for Starbucks!

Our Services

- One-on-One Care
- Orthopaedic Therapy
- Back/ Neck Injuries
- Total Joint Rehab
- Arthritic Conditions
- Shoulder Conditions
- Hand Rehab
- Aquatic Therapy Pool
- Sports Rehab
- Sport Specific Ex
- Golf Program
- Industrial Rehab
- Work Conditioning
- FCEs
- Job Analysis
- Pre work Screening



Clinics

Orthogo Physical & Aquatic Therapy
4151 W. Orleans Street
McHenry, IL 60050
815 344 9727

"Remember, it takes time!"