

Tendinitis

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What is it?

Tendonitis is the inflammation of a tendon. A tendon while located at the end or base of a muscle is the actual structure that helps attach the muscle to bone. Tendonitis is often a condition that is provoked by repetitive motions. The areas in the body that are most likely to experience tendinitis are in the joints (i.e. shoulder, elbow, wrist, hip, knee, and ankle).

Who can get it?

Tendinitis is not just a condition that can develop in athletes. Regardless if you are an athlete, someone who frequents the gym, or a person who just participates in life's everyday activities, you can be subject to developing a form of tendinitis.

Symptoms

Signs and symptoms of tendinitis can vary from person to person. Some symptoms can include but are not limited to: aches and pains around the affected site, and stiffness that may cause a burning sensation around the inflamed site. This usually occurs while actively participating in an activity or after the activity is over and can last from a few minutes to a few days.

Diagnosis

Diagnosis, like all other illnesses and injuries should only be done by a trained professional. After arriving at the doctor's office, you may be asked to do range of motion tests or even be asked to have an x-ray or MRI (Magnetic Resonance Imaging) done on the affected location. According to an article on Web MD, an MRI can be used to diagnose the severity of the tendonitis but is usually not essential in new occurrences.

Treatment

For initial treatment it is recommended to use the R.I.C.E. (Rest, Ice, Compress, and Elevate) method to help with the initial pain. Aspirin or Ibuprofen along with whirlpool sessions prescribed by a doctor can also be used to help with the treatment of tendinitis. Allowing the site to rest and restricting activity of the site can be crucial in returning the tendon to normal health. By not allowing the adequate amount of rest needed, there is risk of further injuring the site by weakening and possibly tearing or detaching the tendon from the bone.

Conclusion

Tendinitis should only be diagnosed by a trained professional / doctor. If you think that you may have tendinitis, you should restrict activity to that location and consult your athletic trainer or doctor. Tendinitis can be treated effectively if signs and symptoms are recognized and reported as soon as possible.

References

1. Seeley, Rod R., Stephens, Trent D., Tate, Philip (2008) Anatomy and Physiology Eighth Edition (p.121)
2. Web MD <http://arthritis.webmd.com/understanding-tendinitis-treatment>
3. Tendonitis.net: <http://www.tendonitis.net/>