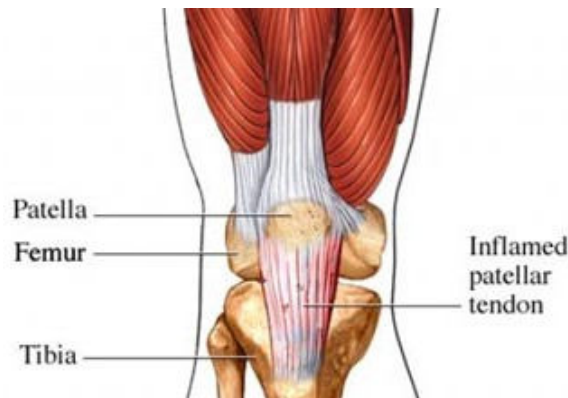


Tendonitis

Tendonitis is inflammation to a tendon and usually causes pain and tenderness near a joint. Tendons attach muscles to bones. Typically, individuals begin to experience Tendonitis when they start an exercise program or increase their level of exercise. The tendon is unaccustomed to the new level of demand, and this overuse will cause an inflammation and Tendonitis. Tendonitis occurs most commonly to the patellar, achilles, quadriceps, and hamstring tendons.

- Anatomy



- Mechanism of Injury

- Common to see tendonitis develop from a pre-existing injury
- Overuse
- Certain diseases, such as rheumatoid arthritis
- Age-related changes of the tendon

- Treatment

- Manual Therapy to the tendon and surrounding musculature.
- Joint Mobilizations to increase range of motion
- Posture/Body Mechanics
- Therapeutic Exercise/Pilates focused on stretching and strengthening
- Ultrasound
- Ice and Electric Muscle Stimulation to the injured treatment area
- Home Exercise Program designed to continue lower extremity and or upper extremity stretching and strengthening at home