

Injury Prevention Tip For:

Tendonitis

What is Tendonitis?????

- Inflammation or irritation of the tendon
 - tendons attach muscle to bone
- Common areas for tendonitis are: shoulder, elbow, wrist, heel and knees
- Tendonitis usually worsens with activity

Symptoms:

- Pain around a joint, may have tenderness and swelling
 - Tennis elbow- pain on outer-side of forearm near elbow when you rotate forearm or grip anything.
 - Golfer's elbow- pain will be in the inner part of elbow
 - Achilles tendonitis- pain just above heel
 - Adductor tendonitis – pain in your groin area
 - Patella tendonitis- pain just below the knee cap
 - Rotator Cuff tendonitis- shoulder pain

Cause:

- over use, repetitive motions with the arms and legs
- small tears or inflammation of the tendon

Treatment/ Prevention:

- Stretching and Strengthening the area of pain
- Mix it up- cross training can help mix up the impact loading on joints
 - Example: running is a high impact activity, change it up to biking or swimming
- Improve technique- make sure you are doing activity properly
- Proper warm up and cool down
- Ice, Rest and Anti-inflammatory

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