

# Tendinopathy Rehabilitation

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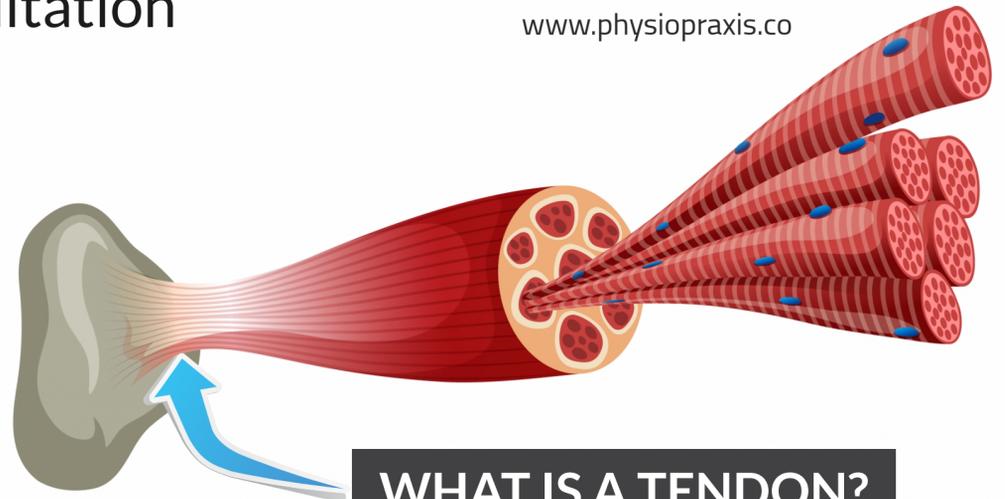
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## Key Factors In Tendinopathy Rehabilitation

### "TENDINOPATHY"?

TENDINOPATHY IS A DISORDER OF THE TENDON IN WHICH PAIN AND DEGENERATION ARE PRESENT. IT USUALLY COMES ON AFTER ENGAGING IN ACTIVITIES THAT EXCEED YOUR TOLERANCE.



### WHAT IS A TENDON?

TENDONS ARE THE SOFT TISSUE THAT CONNECT MUSCLES TO BONES. THEY ARE VERY STRONG AS THEY MUST HANDLE ALL OF THE FORCES INVOLVED IN MOVEMENT.

### "Treat the doughnut not the hole"

While there is degeneration present this is not the focus of rehabilitation. In fact research shows that the degeneration doesn't change much at all even after the issue is resolved. So the focus is on making the good tissue get stronger and increase its capacity without worrying about the normal changes that are also associated with this condition.



### MANAGING TENDON PAIN

### THE DO'S AND DON'T OF TENDINOPATHY

- ✓ Find activities that you can engage in without making it worse the next morning.
- ✗ Don't stop being active! Modify activities as needed.
- ✗ Don't use light weights! Tendons are usually irritated by speed not force. When it hurts start by going slower not lighter.
- ✓ Start a comprehensive rehabilitation program focusing on your goals.
- ✓ Use daily load tests to determine if what you are doing is too much or too little. Be like Goldilocks and find "just right".

### Earn the right to advance!

Most tendon issues arise after doing too much too fast. This is always in relation to what you have been doing previously. You have to gradually build up to being able to tolerate new activity. Tendons tend to react poorly to spikes in activity and also lose strength rapidly when they aren't used. This means that just because you used to be able to handle it doesn't mean you still can. The body is always changing.



### STEPS FOR REHABILITATION

