

## TACKLING TENDINITIS

### Tendinitis Can Occur Anywhere a Tendon Connects to a Bone

#### The Shoulders Rotator Cuff is Made of Tendons and Muscles

Many people can suffer from tendinitis simply from completing everyday tasks. Anyone is subject to tendinitis but it is important to correctly identify tendinitis to rule out any other potential illness or condition.

Please use this guide as a resource for knowledge and understanding of the causes, symptoms, diagnosis and treatment of tendinitis.

#### 01 | Cause

Tendinitis is a very common condition among individuals with repetitive motion to the joints and tendons attached to muscles. Frequently patients overuse their joint in recreation, occupational, and athletic activities. Individuals at greater risk of tendinitis are those with rheumatoid arthritis, obesity, and diabetes. The greater frequency, trauma, and injury of a tendon can cause tendinitis. Some common forms of tendinitis are referred to as:

- Tennis Elbow – affects the tendons that attach to the lateral epicondyle of the elbow
- Baseball Elbow – affects the tendons that attach to the medial epicondyle of the elbow
- Swimmer’s Shoulder – affects the rotator cuff
- Achilles Heel – affects tendons attached to calf muscles
- De Quervains – affects tendon in the thumb and wrist

#### 02 | Symptoms

Patients will suffer from pain and swelling at joints, usually worsened with continued motion of the joint. The symptoms of tendinitis can be very similar to other conditions and can mask more serious conditions so it is important to seek medical attention if you suspect tendinitis.

#### 03 | Diagnosis

A provider typically can diagnose a form of tendinitis by observing how the muscles and tendons react to movement and how they feel within motion. Identifying when and where the pain starts in motion, coupled with weakness to resistance can help diagnose tendinitis. For further verification an ultrasound can be performed to see in real time how motion effects the area, an MRI can identify more serious factors like tears.

#### 04 | Treatment

Most cases of tendinitis are treated with rest or discontinuation of the repetitive action. The use of ice for swelling and pain, and elevating the affected area is recommended. Stretching and proper exercise can help alleviate symptoms and prevent further damage. Medications are available to alleviate pain, with frequent pain cases requiring steroid injections. Surgery is necessary when no other treatment is viable.

For more information on rheumatic conditions, please visit: <http://www.rheumatology.org/>

#### *Did You Know?*

*Tendinitis is the degeneration or inflammation of soft tissue*

#### References

<https://www.mayoclinic.org/diseases-conditions/tendinitis/symptoms-causes/syc-20378243>

<https://medlineplus.gov/tendinitis.html>