



TENDINOPATHY

Top tips for dealing with a grumpy tendon!

LOADING

Tendons need some load to recover. Load is what a bicep curl does to a bicep- it works the muscle and this stimulates it to grow. The tendon needs to work to stimulate the healing process, but at first it may be sensitive and complain if the load is too high. Figuring out the amount of load that makes your tendon feel better is key to recovery.

We use the next day rule:

If it feels better the next day you can slowly increase

If it feels worse the next day the load was too high- we lower it a little

If it feels no different we tentatively increase and monitor response.

PAIN RELIEF

The physio is likely to give you a pain-relieving exercise. Usually this is an isometric contraction- that's when you contract the muscle without actually moving anywhere.

Use your exercise whenever your tendon is sore.

It can also help before, and after your other exercises.

COMPRESSION

Tendons don't like compression once they are grumpy. If you don't know which positions could compress your tendon ask your physio. Usually, once the tendon is recovered this will not matter so much.

STRETCHING

Tendons don't like stretching once they are grumpy. If you feel like the area is tight use eccentric exercise or massage to relieve it. You can ask the physio to pick a suitable exercise or show you a technique to ease this sensation.

When you have a 'tendinopathy' the tissue of the tendon will often become sensitive and then is easy to irritate with movements that would usually be no bother.

EXTERNAL LOAD

Its important to manage the other things that may load your tendon.

Things like:

- High repetitive load e.g. running/walking
- Sports
- Prolonged sitting/standing/carrying

You can probably name several activities that aggravate your tendon.

Try to find ways to take breaks or alter the position.

RECOVERY

Getting better requires good recovery time in between loading. Make sure you give the sensitive tendon a rest between heavy or repetitive loads. It can take a bit of experimenting to figure out what works for you- 8, 12, 24 or 36 hours are all feasible.

This is a good time to make sure you are getting enough sleep and a good nutrition intake, general wellness can affect healing.

PATIENCE

Tendinopathies can take a bit of time to settle but you should be feeling a noticeable difference within 4 weeks.