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Tendonitis? How Did This Happen?



By: Brian Faghan, PTA and Andrew Burke, MSPT
Physical Therapy

One of the most common things people ask me when they come to physical therapy for an ailment is, "How did this happen?" They cannot recall a mechanism of injury like a slip or fall that led to their shoulder or back pain. In fact, this is the case with most of the people I see. Oftentimes people come in with

repetitive use injuries. We tend to see an influx of these repetitive use injuries in the spring when the weather improves and our activity levels increase. Spring cleaning, yard work and a return to outdoor sporting activities are common triggers for aches and pains that could snowball into more

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serious problems. This type of pain is usually consistent with tendonitis and can be treated fairly easily if addressed quickly.

What is tendonitis?

Tendonitis is an inflammation of connective tissue that links muscle to bone otherwise known as a tendon.

What can happen if it's not treated?

If left untreated the pain can become more intense and more frequent. The tensile strength of the tendon will weaken making it prone to tearing, leading to possible surgical intervention.

How can I prevent it from happening?

Try to warm up before jumping into an activity. It may sound silly to stretch

before washing your windows but making the tissues more pliable before putting them under stress will make them less susceptible to damage.

Take frequent breaks. It's tempting, especially when cleaning and doing yard work, to get those tasks done as quickly as possible but taking a 10 minute break every 45 minutes will decrease injury risk, and in the long run, increase your work output.

How do you treat it?

Ice the affected area for 10-15 minutes at least once a day, consult your doctor about anti-inflammatory medications and get physical therapy treatment.

For more information call a licensed physical therapist who can help with evaluation, treatment and developing strategies to prevent re-injury.