

Lower limb Tendon Pain Disorders

Tendon pain disorders, also known as tendinitis or tendinosis, frequently occur in the shoulder and elbow. This brochure covers the following conditions:

- Achilles Tendinopathy (Mid/insertional)
- Patellar tendinopathy (Jumper's Knee)

How did I develop tendon pain?

Patients diagnosed with tendon pain disorders often report:

- Surge in physical activities
- High volume and repetitive fast actions over a period
- Trauma to the tendon (fall, knocks)
- Insufficient rest

Recognizing these causes is important to manage tendon pain disorders.



Risk factors for tendon pain

Modifiable	Non modifiable
Activities requiring repetitive movements: Long distance running	Traumatic tendon injury
Activities requiring forceful movements like jumping	Structural deformity at the joint, causing tendon compression
Change in training (terrain, speed)	Use of fluoroquinolone antibiotics
Footwear (Flat sole without heel lift)	Long term steroid usage or injection(s) performed at the site of pain
Obesity, high cholesterol, diabetes	Auto-immune diseases like rheumatoid arthritis, spondyloarthritis

How long before I am expected to be able to return back to my previous level of physical activities?

Most research suggests that a progressive exercise program prescribed by a physiotherapist should enable you to return to your desired activity in 3-4 months.

Your pain may not have completely resolved but it would be safe to start your activity again on the advice of your physiotherapist.

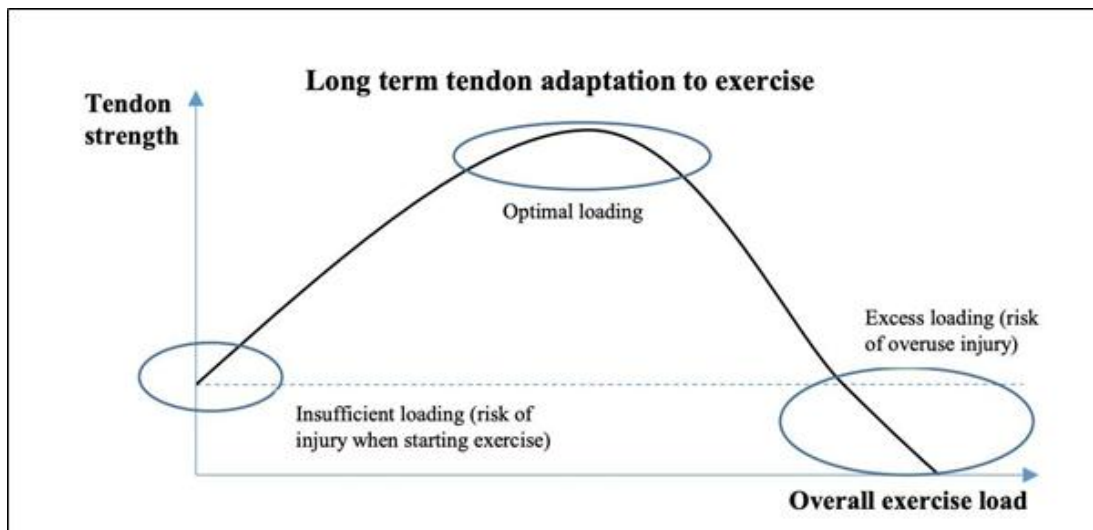


Image taken from https://www.reddit.com/r/climbharder/comments/n2tgjg/active_rest_for_tendon_recovery_maybe_you_should_stop_climbin

Can tendon pain be cured?

A recent onset of tendon pain often gets better by reducing your loading activities.

Persistent tendon pain (usually >3 months) without a severe tear, is more challenging to treat because the underlying factors are usually multi-factorial. The underlying tendon degeneration limits the potential for optimal recovery.

Diagnostic ultrasound and MRI imaging results are not good predictors of how well you recover from tendon pain.



How can I improve my chances of success with Physiotherapy?

- Discuss your daily activities with your physiotherapist to identify any risk factors
- Off-load tendons (but not rest completely) as recommended by your physiotherapist
- Avoid stretching and massaging the tendon
- Perform the exercises as prescribed by your physiotherapist

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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