

Tendonitis and Tendinopathy

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What is tendinopathy?

Tendinopathy is characterized by degenerative changes to the tendon. This occurs from chronic overuse, microtrauma, and aging. Accumulation of microtrauma in a tendon leads to weakness and pain.

How does tendinopathy occur?

Risk factors include those who perform repetitive physical activity such as athletes, painters, construction workers, cleaners, etc. Metabolic factors such as blood pressure, blood sugar, weight, triglycerides, and cholesterol also play a major role in weakening a tendon. For example, those with diabetes have 3x higher risk for tendon disorders.

How is tendinopathy treated?

1. Exercise therapy and rehabilitation

- a. By carefully applying controlled and progressive mechanical forces to a tendon, the body can initiate a cellular response that helps with tissue repair, tissue remodeling, and tissue adaptation.

2. Prioritize and restore metabolic health











- a. Minimize the consumption of processed foods, fried foods, refined carbohydrates, and sugary foods. These types of foods have been associated with triggering inflammation and increasing oxidative stress.
- b. Aerobic exercise (ie. walking) should be done at least 30 min every day.
- c. Strength training helps increase muscle mass, improve insulin sensitivity, enhance resting energy expenditure, promote fat loss, and induce positive metabolic adaptations. Aim to do strength training at least three times a week and include both upper and lower body training. Modify your workouts so you don't aggravate the tendon that is being rehabilitated.

3. Platelet Rich Plasma (PRP) injections

- a. Platelet rich plasma contains an enormous amount of growth factors that naturally circulate in your body. PRP injections result in faster recovery times, decreased pain, improved function, and enhanced quality of life. All of these help promote healing and drive recovery.

Patient Education - Tendonitis and Tendinopathy

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