



Tendonitis



A tendon is a band that connects the muscle to the bone. Tendons come in various shapes and sizes. Sometimes the tendons become inflamed and painful with movement. This is called *tendonitis*.

The most common symptoms of tendonitis are tenderness over the tendon, pain upon movement of the tendons and muscles, and swelling of the tendons. The most common types of tendonitis are: wrist, Achilles (heel), Patellar (kneecap), and rotator cuff (shoulder).

It is helpful to ice the affected area. Also taking anti-inflammatory medication, such as ibuprofen can be helpful. If possible, take breaks from the activity that caused the pain. Some people find it helpful to protect the affected area with wrist splints or chopats (a band worn around the knee).

Below are some strength and stretching exercises that may be helpful.

Knee Exercises/Stretches:

Wall Slide

- Stand upright with your back against a wall and feet shoulder-width apart.
- Slowly bend your knees, sliding your back down the wall for a count of five until your knees are bent at a 45-degree angle. (Do not bend too much further than this, as it will cause increased strain on your knees. Make sure that your knees remain **behind** your toes!) Hold this position for 5 seconds.
- Begin straightening your knees for a count of five, sliding up the wall until you are fully upright with knees straight.
- Repeat the above steps 10 more times.

Straight Leg Raise

- Lay on your back on a flat surface.
- Bend the knee of your uninjured leg to a 90-degree angle, and keep your foot flat on the surface. Keep your injured leg straight.
- Slowly lift the injured leg six inches off the floor (by contracting the front thigh muscles). Hold for five seconds.
- Slowly lower your leg to the floor. Relax and repeat 10 more times.

Hamstring Stretch

- Sit on the floor with one leg out straight
- Bend the other leg at the knee and position the sole of that foot against your opposite inner thigh.
- Extend your arms and reach forward over the one straight leg by bending at the waist as far as possible. Hold this position for 10 seconds. Switch legs.



Quadriceps Stretch

- While standing, hold onto a counter top or chair back to assist in balance.
- Bend your knee back to your buttocks by grasping your foot with one hand.
- Gently press your shoelaces into your hand as you press your hip slightly forward.
- Maintain position for 30 seconds.
- Return to standing position.

Shoulder (Rotator Cuff) Exercises/Stretches

Stop Sign

- Lie on your stomach on the floor or a bed
- Put one arm out at shoulder level with your elbow bent to 90 degrees and your hand down.
- Keeping your elbow bent, slowly raise your hand, stopping when your hand is level with your shoulder.
- Lower the hand slowly, repeating 10 times, and perform with opposite arm.

Pour it Out

- Stand with your arms slightly behind you with both thumbs out.
- Raise your arms up to the side. Then rotate arms so that thumbs point to the floor, pretending that you are emptying a can with each hand.
- Lower the arms slowly. Repeat 10 times.

Shoulder Roll Stretch

- Roll the shoulders back and down, starting with small circles and working up to larger circles. Do 10 circles backwards and then forward

Back Stretch

- While sitting in a chair. Contract the abs as you tip forward from the hips, bringing the hands down to the floor.
- Relax the head down and reach with your fingertips to stretch the back. Hold for 30 seconds.



Wrist Exercises/Stretches

- Press the back of the affected hand down lightly with the other hand.
- Pull on the fingers of one hand with the other.
- Perform slow wrist rotations.
- Lift light weights - 1 to 3 pounds - to build up the surrounding tendons that offer crucial support.



Maintain Proper Form

- Lay the outer part of your forearm on a hard surface. Let it rotate inward naturally. Keep your wrist straight. That is the natural wrist position.
- Notice that the palm is at a 30-45 degree angle and that the fingers are curled. Keep that position whenever possible. Flexing and twisting of the wrist causes all the tendons and nerves to rub over leverage points at the joints which can cause a lot of problems.
- Do not flex upward. The hand is designed to grip, so most muscle control and joint range is aimed at a downward flex. There's less leverage on an upward flex so the body has to work harder to move that way.

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