

TIPS AND ADVICE

- ✓ • Load management is the key to success
- ✓ • DO NOT STRETCH - Tendons do not like compressive loads.
- ✓ • Isometric exercise will often help with pain management, whilst building capacity.
- ✓ • Understand the 'stage' of pathology - this influences treatment choices.
- ✓ • There is no link between pain and degeneration - many tendon ruptures occur with no prior pain and imaging then shows severe degeneration was present
- ✓ • Always seek help and guidance if you have bilateral (both sides) pain. This could be a systemic issue.



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To find out more and for more information:

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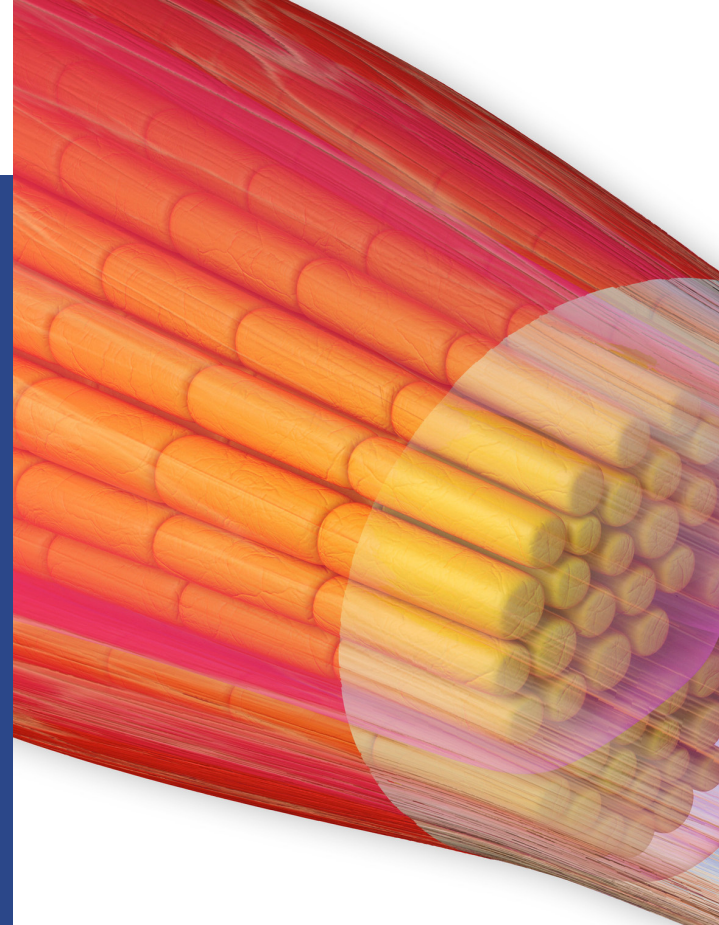
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TENDINOPATHY

UNDERSTANDING WHAT IT IS AND HOW TO MANAGE IT

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2. THE DYSREPAIR TENDON

This stage describes the attempt of the tendon to heal but there is a bigger cell turnover within the tendon compared to the reactive tendon.

This increase in cell production is detrimental though to the homeostasis of the tendon and leads to a separation of collagen, making the tendon weaker.

This stage is usually identified by a noticeable thickening of the tendon. Older people with stiffer tendons may not be able to adapt as easily as younger people, so are at risk of developing this stage of pathology.

It is still possible to reverse these changes using load management and exercise to stimulate the tendon back to 'normal'.



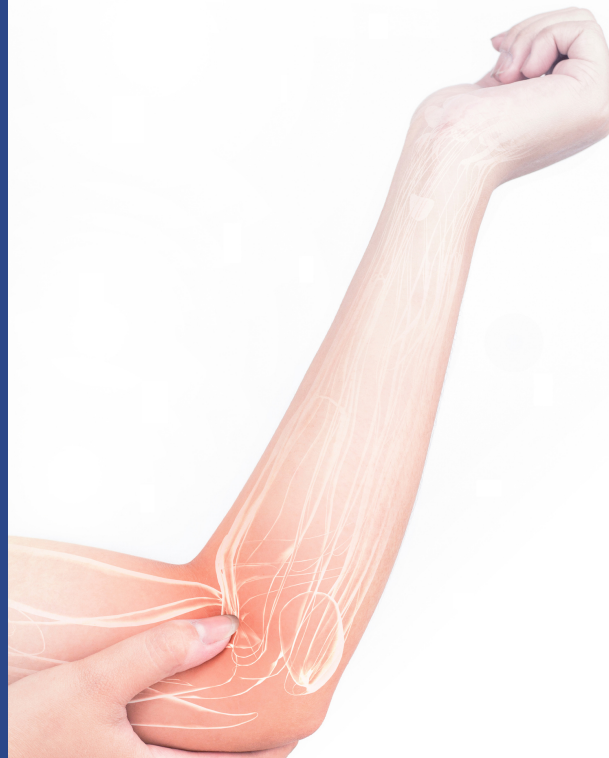
1. THE REACTIVE TENDON

This usually occurs with acute tensile loading. It results in a short-term adaptive and relatively normal thickening of part of the tendon to cope with this load.

These changes are believed to occur because quick adaptation is necessary until longer term change in the structures can occur (true adaptation).

Thus, reactive tendinopathy is a short term adaptation that occurs due to overload and happens so that the tendon can thicken to reduce the stress going through it and to increase stiffness to add support to the working muscle it is attached to.

Early diagnosis of this has usually very good outcomes and prognosis.



3. DEGENERATIVE TENDINOPATHY

This is usually described as the end stage of tendon pathology. At this stage changes to the tendon will result in a significant weakness and expose it to risk of rupture if not managed appropriately.

It is usually seen in older people and occurs over a period of time (usually when chronically loaded).

It has been reported that 97% of tendons with clinical degeneration will rupture.

The key to managing this stage is sufficient load to maintain as much health as possible, whilst also minimising risk of rupture.