



SOUTH TEXAS BONE AND JOINT Physical Therapy and Rehabilitation

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Tendinitis: How can I recover?

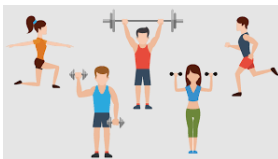
Tendons are important tissues for movement. Connecting muscles to bone, allowing the body to move in the direction desired and at the speed and power demanded. When a tendon becomes overloaded it can become irritated and over stretched. Think of a deflated basketball – if it is not completely filled with air, one has to work harder to get it to bounce. This can lead to 1: Decline in performance and 2. Pain!



Monitoring the body is the first line of defense in decreasing the risk of tendinitis or allowing it to progress to something more severe. Decline in performance is a potential cue that something is going wrong, even before pain or injury occurs. **STEP 1: if an athlete's performance begins to decline from their normal- REST and recovery for a potential minimum of 3 days is REQUIRED.** Increasing activity level to counter new found deficit is too risky and not recommended. **STEP 2: application of load control.** This will improve tendon load capacity and decrease risk of biomechanical changes (leading to further damage)

What to Expect?

Tendons need safe and controlled load to recover. Expect a total healing time of approximately 12 months. Don't let that time scare you. It doesn't mean there will be extreme pain that whole time, it just means that one can expect flairs ups based on loading. **Load changes with increased weight and/or increased speed of activity.** If you program recovery, you can safely perform activities to maximize recovery and maintain activity tolerance.



Injury Prevention: What works

Activity Journal and MODIFICATION:

- Activity type- what and how much
- Rate of Perceived Exertion during
- Monitoring pain during and day post activity

PAIN-MONITORING MODEL

Numerical Pain Rating Scale (NPRS)

Safe zone	Acceptable zone	High risk zone
0	2	5
No pain		10
		Worst pain imaginable

1. The pain is allowed to reach 5 on the NPRS during the activity.
2. The pain after completion of the activity is allowed to reach 5 on the NPRS.
3. The pain the morning after the activity should not exceed a 5 on the NPRS.
4. Pain and stiffness is not allowed to increase from week to week.

RPE Scale

(Rate of Perceived Exertion)

1	Very Light Activity (anything other than complete rest)
2-3	Light activity (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	Moderate Activity (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	Vigorous Activity (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	Very Hard Activity (difficult to maintain exercise intensity, hard to speak more than a single word)
10	Max Effort (feels impossible to continue, completely out of breath, unable to talk)

Loading- Activity Modification

Classification Schema of Athlete Exertion and Recovery for the Injured Tendon

Classification of Activity	Pain Level During Activity	Pain level after activity – Next Day	Rate of Perceived Exertion	Recovery Days needed between activities	Example of Activities for a runner
Light	1-2	1-2	0-1	0 days (can be performed daily)	Walking for 60-70 mins
Medium	2-3	3-4	2-4	2 days	Jogging on a flat surface for 30 mins
High	4-5	5-6	5-10	3 days	Running 85% of pre-injury speed for 20 mins

Sample

Day	Activity	Symptoms: Perceived Exertion, Notes Documented by athlete
1	Jogging 30 mins + Rehabilitation Exercises	
2	Walking 60-70 mins + Rehabilitation Exercises	
3	Walking 60-70 mins + Rehabilitation Exercises	
4	Running 85% of pre-injury speed for 20 mins + Rehab Exercises	
5	Walking 60-70 mins + Rehabilitation Exercises	
6	Walking 60-70 mins + Rehabilitation Exercises	
7	Walking 60-70 mins + Rehabilitation Exercises	
8	Running 85% of pre-injury speed for 20 mins + Rehab Exercises	
9	Walking 60-70 mins + Rehabilitation Exercises	
10	Walking 60-70 mins + Rehabilitation Exercises	
11	Walking 60-70 mins + Rehabilitation Exercises	
12	Jogging 30 mins + Rehabilitation Exercises	
13	Walking 60-70 mins + Rehabilitation Exercises	
14	Walking 60-70 mins + Rehabilitation Exercises	
15	Running 85% of pre-injury speed for 20 mins + Rehab Exercises	
16	Walking 60-70 mins + Rehabilitation Exercises	
17	Walking 60-70 mins + Rehabilitation Exercises	
18	Walking 60-70 mins + Rehabilitation Exercises	
19	Running 85% of pre-injury speed for 20 mins + Rehab Exercises	
20	Walking 60-70 mins + Rehabilitation Exercises	
21	Walking 60-70 mins + Rehabilitation Exercises	

*University of Delaware Physical Therapy: Karin Silbernegel et al. This is solely for clinical, educational, and research purposes only. Does not replace medical advice. Always consult your Doctor prior to initiating or increasing your exercise program.

