**Tendonitis –** is the inflammation of a tendon. A tendon is the portion of the muscle that attaches to the bone.

Causes of tendonitis:

* Overuse
* Repetitive movements
* Under-training, poor technique
* Falling
* Being overweight

Common diagnoses are:

* Tennis Elbow
* Rotator Cuff Tendonitis
* Patellar tendonitis
* Achilles tendonitis
* Swimmer’s shoulder
* Jumper’s knee
* Pitcher’s shoulder
* Golfer’s elbow

Risk factors:

* Age
* Occupation
* Hobbies

Pain and discomfort is usually felt outside the joint. Symptoms may vary depending on the severity.

* Symptoms may include but are not limited to:
* Pain that may vary from a dull ache to a sharp pain
* Increased pain with movement
* Increased stiffness
* Increased tenderness
* Mild swelling
* Warmth and redness
* Weakness

Prevention:

* Stretching and strengthening to prevent injury
* Discontinuing a movement if pain increases
* Perform movements within a comfortable range, not to put stress on the joint
* It’s a good idea to check with a trainer for proper technique and form

Self treatments:

* Avoid repetitive movements
* Avoid motions that are aggravate your symptoms, keep everything in a pain-free range
* Rest allow time for the tendon to heal and become less irritated
* Ice 10- 15 minutes a session as often as you can
* Compress if there is any swelling present
* Elevate to help reduce swelling
* Take an over the counter anti-inflammatory as needed and if allowed

When to call the doctor:

* If symptoms don’t improve after 2-3 weeks
* If there is an increase in pain or discomfort
* Fever
* Increased redness and swelling

Professional Treatments may include:

* Cortisone injections
* Physical Therapy
* In severe cases, surgery