



Prairie Path Foot and Ankle Clinic

Tendinitis

What is Tendinitis?

Tendinitis is an overuse injury caused by abnormal biomechanics.

Tendinitis is most commonly seen in recreational athletes, especially runners. In these athletes, it is thought that the repetitive nature of the sports causes this problem.

The tendons of the foot are prone to injury as they are put under large amounts of pressure during walking, running or cycling. They become inflamed and cause pain. Tendinitis can also be a sign of underlying biomechanical issues that can lead to tendon tears or stress fractures.

How did I get it?

A tendon is the end part of a muscle that attaches the muscle to the bone. The normally very elastic and soft muscle tapers off at the end to form the much denser and stiff tendon. While this density makes the tendons stronger, the lack of elasticity of the tendon and the constant pulling on its attachment to the bone with movement, makes it much more susceptible to a low level of tearing at a microscopic level. This tearing will produce the inflammation and irritation known as tendonitis.

Tendonitis is usually seen after excessive repetitive movement with which the tendon gradually becomes tighter until the fibers start to tear.

How do I get rid of it?

We have all heard of the R-I-C-E therapy...Rest, ice, Compression, Elevation. We follow this to, but we have a few additional treatments.

We often begin with support of the injured tendon with bracing or an unna boot/soft cast. We also include icing, stretching, and Biofreeze; if needed we also add in oral anti-inflammatory medication.

If these do not provide full relief we move onto physical therapy, oral or injectable steroids, custom orthotics, or immobilization.

Sometimes advanced testing, such as an MRI, is needed to diagnose the extent of the injury and rule out a tear.

The protocol does take a commitment on your part. Your success will directly depend on the effort you put forward, including keeping your office visits and following at-home instructions.