



Tendinitis vs Tendinosis

Tendinitis refers to an acute injury or strain to a tendon after repetitive motion for a period of time. Gardening, playing sports or exercising can cause tendinitis in certain areas of the body. Treatment involves “PRINCE”: **P**rotection-brace, splint, **R**est-avoiding aggravating activity, **I**ce-20 mins off/on 3-4 times a day for the first 72 hours, **N**SAIDs/acetaminophen-use cautiously as they may cause side-effects; talk with your doctor before initiating any new medication, **C**ompression-ACE wrap or similar, and **E**levation. Most episodes of tendinitis are “self-limited”, meaning they will resolve after a few days / weeks.

Tendinosis, aka **tendinopathy**, is an overuse or a repetitive strain injury that typically develops over four to six weeks of overuse. For example, continuing to run regularly even though your Achilles tendon sore. Tendinosis is diagnosed by a careful clinical history and examination, combined with bedside ultrasound examination, which Dr. Mahooti performs in the office during your consultation. Treatment for tendinosis varies depending on the location, and often involves specific physical therapy exercises known as “eccentrics”.

The treatment of tendinosis is quite different from the treatment of tendinitis. Dr. Mahooti will review all your non-surgical treatment options during your visit. Often, a directed home physical therapy program will get you back on track. In some cases, formal physical therapy is necessary to optimize recovery. Either way, you will leave your visit with detailed handouts and instructions on what rehab exercises to perform, what prescription and “over the counter” medications may help, and what other treatments may be necessary.

To make an appointment with Dr. Mahooti, please call 978-882-6700.