

4 STRATEGIES TO MANAGE TENDONITIS

Strategies to Improve Function and Structure



REDUCE Pain & Inflammation

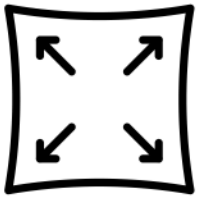
Pain & chronic inflammation inhibit movement, strength & remodelling.



- **MEDICATION & COLD:** Short-term (3-10 days) use cold therapy and/or OTC anti-inflammatory medications such as Aleve or Voltaren can help.
- **RED LIGHT THERAPY:** RLT can help to reduce pain and inflammation support healing. Can be used before or after
- **ISOMETRICS:** Intense Isometrics targeting the knee can provide pain relief and help rebuild strength. *30-60 sec heels elevated front squat or front foot elevated split squat.*

RESTORE Tissue Pliability

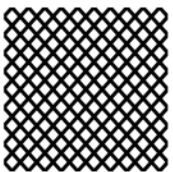
Limited range of motion and restriction in muscle groups can contribute to problems



- **SELF MYOFASCIAL RELEASE:** Target foam rollers and LAX ball rolling on the front of leg from hip flexors to the anterior shin muscles. Focus on tight spots for 1-3 min.
- **STRETCHING:** Perform quad and hip flexor stretches including "couch" stretches, reverse nordics, and elbow to ankle hip flexor stretch. Use active contract relax series.
- **MANUAL THERAPY:** Restore pliability with professional tissue work including; deep tissue, myofascial release, IASTM tooling, and myofascial decompression cupping

REMODEL the Tendon

The tendon structure needs to be remodel to prevent recurrence



- **LOAD:** Long duration, heavy isometrics help target the damaged tendon tissue and eccentric exercises triggers adaptation.
- **SPEED:** 6-10min of rapid contractions like jump rope or low to moderate plyometrics helps the tendon have more capacity and transfer more power from muscles.
- **NUTRITION:** Collagen peptides + Vitamin C can support the remodeling process. *15-30 mg taken ~1hr before training increases collagen synthesis and content in tendons.*
- **RED LIGHT & BFR:** red light & BFR show promise in supporting the healing process triggered by the strength work.

REBUILD Strength

Rebuild the strength to move well and handle your activities



- **BLOOD FLOW RESTRICTION:** In early stages BFR can help aid in regaining strength without a big load.
- **ECCENTRIC OVERLOAD:** Eccentric movements can induce damage, so prepare to handle them with heavy, overload eccentric exercises.
- **KINETIC CHAIN:** Strengthen the entire kinetic chain to perform well.