

Tendinitis

What is Tendinitis?

A tendon is a rope-like structure that attaches muscle to bone. Inflammation of a tendon is known as tendinitis.

Causes of Tendinitis:

- **Strain**
- **Injury**
- **Infection**

Common Types of Tendinitis:

- **Achilles Tendinitis:** Inflammation of the tendon that attaches the calf muscle to the heel.
- **Supraspinatus Tendinitis:** Inflammation of the tendon in the shoulder joint.

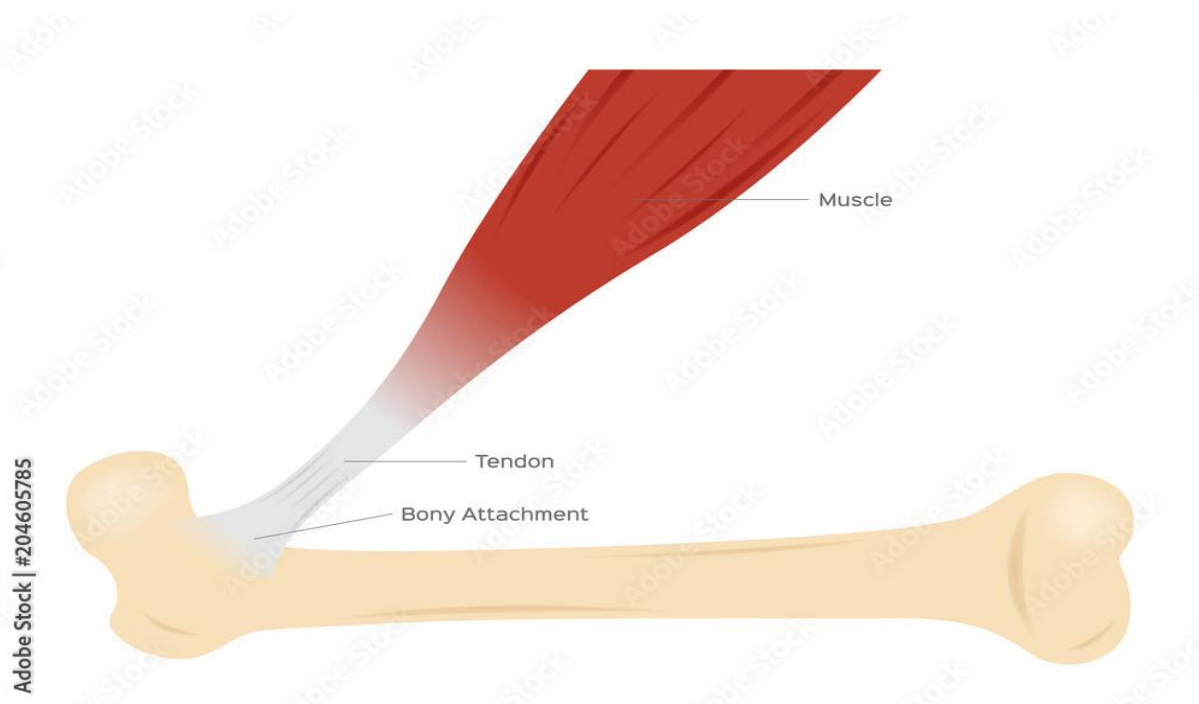


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Treatment for Tendinitis:

- **Painkillers:** To manage pain.
- **Rest:** Allow the tendon to heal.
- **Gradual Movement:** Start moving the affected area when it feels better.
- **Physiotherapy:** Professional guidance to restore function and strength.
- **Local Steroid Injections:** To reduce inflammation and pain.
- **Surgery:** In some cases, surgical intervention may be required.

Complications:

- **Tendon Rupture:** Severe cases may lead to a rupture, requiring more intensive treatment.

For further information or guidance, please consult your healthcare provider.