



Points To Remember About Tendinitis

- Tendinitis is pain and swelling in a tendon, a band of tissue that connects muscle to bone.
- It's a common condition, often caused by repetitive activities, such as tennis or playing a musical instrument, or injuries.
- Recovering from tendinitis usually involves resting, supporting the sore tissues, and taking medicines to reduce swelling. Depending on how bad your injury is, you may need physical therapy or surgery.
- You can reduce your risk of tendinitis by warming up before exercising and strengthening the muscles around your joints.

What is tendinitis?

Tendinitis is swelling and pain in a tendon, which is tissue that connects muscles to bones. It is a common condition, usually caused by repeated injuries to a tendon.

Who gets tendinitis?

You are more likely to get tendinitis if you do the same kinds of movements every day or put stress on your joints. People like carpenters, gardeners, musicians, and athletes often get tendinitis. You are more likely to get tendinitis the older you get.

What are the types of tendinitis?

Some types of tendinitis are named after the activities that often cause them. Here are some common types:

- Tennis elbow, which is an injury to the outer elbow tendon, often caused by repetitive wrist turning or hand gripping.
- Golfer's elbow, which is an injury to the inner elbow tendon, often caused by repetitive wrist turning or hand gripping.
- Biceps tendinitis, which causes pain in the front or side of the shoulder that may travel down the arm, and sometimes pain when the arm is raised overhead.

- Rotator cuff tendinitis, which causes pain at the tip of the shoulder and the upper, outer arm; pain may become worse when reaching, pushing, pulling, lifting, raising the arm, or lying on the shoulder.
- Jumper's knee, more common among people who play sports that require jumping, such as basketball, which causes the knee tendon to become inflamed or tear from overuse.
- Achilles tendinitis, which is tendinitis in the tendon on the back of the heel.

What are the symptoms of tendinitis?

Tendinitis causes pain just outside a joint, especially when you move it, and swelling.

What causes tendinitis?

Tendinitis is usually caused by repeated injuries to a tendon. Infection, [arthritis](#), [gout](#), thyroid disease, and diabetes can also cause tendinitis.

Is there a test for tendinitis?

To diagnose tendinitis, your doctor will probably ask questions about your medical history and conduct a physical examination. Your doctor will probably ask you to describe your pain and will ask when and where you hurt and whether anything makes the pain better or worse.

Your doctor may also do other tests, such as:

- Touching the joint to see where your joint is swollen.
- X-rays, which do not show tendons, but can help rule out other problems.
- A magnetic resonance imaging test (MRI), which can show whether the tendon is swollen.
- Taking fluid from the swollen area to test for an infection.
- Injecting an anesthetic to see if the pain goes away.

How is tendinitis treated?

Treating tendinitis can reduce pain and swelling. Some common treatments include:

- Resting and elevating the injured area.
- Limiting your activity to reduce further injury.
- Taking medicines that will reduce swelling, such as aspirin, naproxen, or ibuprofen.
- Gentle stretching and strengthening exercises.
- Applying compression to the injured area.
- Soft tissue massage.

- Putting a brace, splint, or band on the injured joint.

Your doctor may also recommend ice for sudden, severe injuries, but most cases of tendinitis are long term, and ice does not help.

If your tendinitis does not improve, your doctor may inject a medicine into the area surrounding the swollen tendon.

If your tendon is completely torn, you may need surgery. If your tendon is partially or completely torn, you may also need several months of physical therapy and exercises to restore your strength and prevent further injury.

Who treats tendinitis?

Several types of health care professionals may treat you, including:

- A primary care physician.
- Physical therapists, who help to improve joint function.
- Orthopaedists, who treat and perform surgery for bone and joint diseases.
- Rheumatologists, who treat [arthritis](#) and other diseases of the bones, joints, and muscles.

Can I prevent it?

Can I prevent tendinitis?

Here are some tips to help reduce the risk and severity of tendinitis:

- Warm up and stretch before exercising.
- Strengthen the muscles around your joints.
- Take breaks from repetitive tasks.
- Increase the gripping surface on tools by using gloves, grip tape or other padding. Use an oversized grip on golf clubs.
- Use two hands to hold heavy tools or hit a backhand in tennis.
- Don't sit still for long periods, and have good posture.
- Begin new activities and exercises slowly.
- Strengthen muscles around the joint.
- Stop activities that cause pain.
- Cushion the affected joint. Use foam for kneeling, or elbow pads. Increase the gripping surface of tools with gloves or padding. Apply grip tape or an oversized grip to golf clubs.
- Consider talking with your doctor or physical therapist before starting new exercises and activities.

For more info

U.S. Food and Drug Administration

Toll free: 888-INFO-FDA (888-463-6332)

Website: <https://www.fda.gov>

[Drugs@FDA](https://www.accessdata.fda.gov/scripts/cder/daf) at <https://www.accessdata.fda.gov/scripts/cder/daf> [Drugs@FDA](https://www.accessdata.fda.gov/scripts/cder/daf) is a searchable catalog of FDA-approved drug products.

Centers for Disease Control and Prevention, National Center for Health Statistics

Website: <https://www.cdc.gov/nchs>

American Academy of Orthopaedic Surgeons

Website: <https://www.aaos.org>

American College of Rheumatology

Website: <https://www.rheumatology.org>

American Physical Therapy Association

Website: <https://www.apta.org>

Arthritis Foundation

Website: <https://www.arthritis.org>

If you need more information about available resources in your language or other languages, please visit our webpages below or contact the NIAMS Information Clearinghouse at NIAMSInfo@mail.nih.gov.

- [Asian Language Health Information](#)
- [Spanish Language Health Information](#)