

Tendinitis

Definition: Tendinitis is the acute inflammation of a tendon, usually resulting from overuse or injury.

Causes:

- Acute injury or sudden increase in activity.
- Repetitive motions or excessive strain on the tendon.

Symptoms:

- Pain and tenderness localized to the affected tendon.
- Swelling and warmth over the tendon.
- Reduced range of motion.
- Pain that worsens with movement or activity.

Pathology:

- Inflammation and microscopic tears in the tendon fibers.
- Presence of inflammatory cells.

Diagnosis:

- Clinical examination, considering symptoms and activity history.
- Ultrasound or MRI may show inflammation and swelling.

Treatment:

- Rest and activity modification to avoid aggravating the tendon.
- Ice application to reduce inflammation.
- Nonsteroidal anti-inflammatory drugs (NSAIDs) for pain relief.
- Physical therapy to strengthen and stretch the tendon.
- Corticosteroid injections in severe cases.