Tendinitis (Tendonitis, Tenosynovitis)

You have tendinitis. Tendinitis is a swelling and *irritation* (inflammation) of the tissue called *tendons.* These are cord like structure that connect muscle to bone. It commonly occurs at the:

- Shoulders (rotator cuff).
- Heels (achilles tendon).
- Elbows (triceps tendon).

It usually is caused by overusing the tendon and joint involved. When the tissue surrounding a tendon (*synovium*) becomes inflamed, it is called tenosynovitis. This also is often the result of overuse in people whose jobs require repetitive (over and over again) types of motion.

HOME CARE INSTRUCTIONS

- Use a sling or splint for 10 days or as directed until the pain decreases.
- Apply ice to the injury for 10 to 20 minutes 3 to 4 times per day. Put the ice in a plastic bag. Place a towel between the bag of ice and your skin.
- Try to avoid use other than gentle range of motion while the tendon is painful. Use and exercise only as directed by your caregiver. Stop exercises or range of motion if pain or discomfort increase unless directed otherwise by your caregiver.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK MEDICAL CARE IF:

- Your pain and swelling increase.
- You develop new, unexplained symptoms, especially increased numbness in the hands.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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