

10 THINGS **NOT** TO DO IF YOU HAVE LOWER LIMB TENDON PAIN

info provided by La Trobe SEMRC-Prof. Jill Cook
infographic by LaFisioterapia.net



1 **REST COMPLETELY**

Resting decreases the ability of the tendon to take load. You have to reduce loads to the level that the tendon can tolerate and then slowly increase the tolerance of the tendon to load.



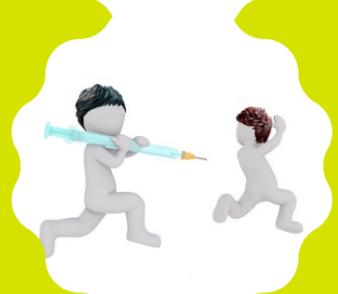
2 **HAVE PASSIVE TREATMENTS**

Treatments that do not address the need to increase the ability of the tendon to take load are not usually helpful in the long term. Passive treatments alone, like electrotherapy and ice, will only temporarily ameliorate pain, only for it to return when the tendon is loaded.



3 **HAVE INJECTION THERAPIES**

Injections of substances into a tendon have not been shown to be effective in good clinical trials. Do not have an injection into a tendon unless the tendon has not responded to a good exercise based program.



4 **IGNORE YOUR PAIN**

Manage the load on your tendon, pain is a way of telling you that the load is too much. Reduce the aspects of training that are overloading your tendon.



5 **STRETCH YOUR TENDON**

Adding stretching to most tendons only serves to add compressive loads that we know are detrimental to the tendon. Stretching while you are standing can be especially provocative to your tendon. If your muscles are tight use massage to loosen them.



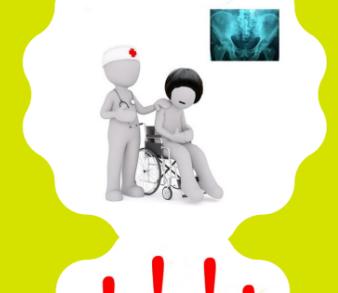
6 **MASSAGE YOUR TENDON**

A tendon that is painful is one that is telling you that it is overloaded and irritated, therefore adding further insult by massaging it can actually increase your pain.



7 **BE WORRIED ABOUT THE IMAGES OF YOUR TENDON**

Pictures of your tendon with ultrasound and magnetic resonance imaging can frighten you, and the words used by doctors such as degeneration and tears can make you wonder if your tendon should be loaded. There is evidence that the pathological tendon can tolerate loads, especially when you gradually increase the loads.



8 **BE WORRIED ABOUT RUPTURE**

Pain is protective of your tendon, it makes you unload it, in fact most people who rupture a tendon have never had pain before, despite the tendon having substantial pathology in it.



9 **TAKE SHORT CUTS WITH REHABILITATION**

Taking short cuts with rehabilitation do not work, you need to take the time that the tendon needs to build its strength and capacity. Things that are promised as cures often give short term improvement but the pain recurs when the loads are resumed on the tendon.



10 **NOT HAVE AN UNDERSTANDING OF WHAT LOADS ARE HIGH FOR YOUR TENDON**

The highest load on your tendon is when you use it like a spring, such as jumping, changing direction and sprinting. Any loads that do not use these movements are low load for a tendon and will not place a high load on the tendon, although they can certainly have a beneficial effect on the muscles.

