

Training with Tendinopathy – Loading and Treatment



Not all load is equal, weight is only one component of load. Tendons love load, but only the right type at the right intensity with the right weight for that tendons current tolerance.

Aggravating load

“Speed Kills” The faster the movement the more likely it is to produce pain in a pathological tendon. Compressive load, tendons do not like getting compressed. Complete rest, de-loads the tendon and reduces its tolerance to load

Healthy load

Slow or isometric (static holds) are more likely to give pain relief. Tensile loads, tendon loves actively getting pulled on by the muscles.

Treatment

The art in treating tendinopathy is working out how far down the load scale you need to take someone. If you developed focal tendon pain a week ago after high repetition work out, then it maybe a simple case of stopping explosive exercise on that body part for a week and getting a massage or flossing the surrounding area. However if you have had pain for months, have tried resting, still getting pain and probably getting worse you have months of rehabilitation ahead of you. The good news is it all involves exercise. You may need to stop explosive exercise and only do movements through half depth with pause, moving to full range with pause, then full range with your standard pace and only then think about fast explosive movements. This process may take 2-3 months.

You can have as much treatment with medication, injections, ice, heat, manipulation and massage as you like but you will only get back to functioning pain free if you adjust the type/intensity/ weight of the loads.

As you can see the earlier this is diagnosed and treatment is started, the easier and faster it is to return to training pain free.

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Peninsula Sports Medicine Group Christmas Party 2014

The turn-out was fantastic at the Peninsula Sports Medicine end of year bash on Saturday night at Crown Metropol's Skybar.

The night, proved to us once again, that we really have a great crew and culture and it gave the PSM Group partners a great sense of pride to see the team having a night full of fun and laughter.

We were joined by our partners Karak & Wilson Podiatrists and PACE Health Management, we also had the presence of a very well-behaved baby, a pregnancy and plenty of dancing shoes! Congratulations to Andrew Lee who tied the knot on Saturday night and obviously couldn't make it to the party!

It was also an opportunity to farewell one of our team members, Shae Iddles, who leaves us to pursue her career in nutrition after completing her studies. From the team at Peninsula Sports Medicine, we wish you well with your future endeavours.

And lastly, but importantly a big Thank You goes out to Mel Telyszak who once again did a fantastic job coordinating the party planning!

Thank you to everyone who came along and most of all thank you for the outstanding efforts you have put in this year and we look forward to building upon that in 2015

