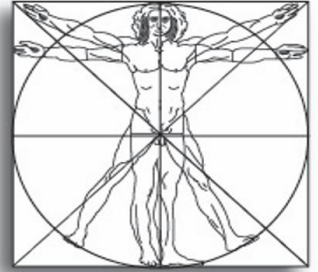


SOUTHPORT PHYSIOTHERAPY CENTRE



Summer 2026

Tendinopathy: Why It's Not 'Just Inflammation'

What is Tendonitis?

Tendonitis is the inflammation of the tendons, which are the thick fibrous cords that attach muscle to bone. It often occurs due to repetitive activities or overuse, leading to pain and tenderness near joints, commonly affecting areas like the shoulders, elbows, wrists, knees and ankles.

Why athletes are commonly at risk:

Tendons don't like sudden changes in load. Common triggers include:

- Rapid increases in training volume or intensity
- Returning to sport too quickly after time off
- Poor load management (big sessions with not enough recovery)
- Strength deficits or poor energy storage capacity

Tendons adapt **slowly** — much slower than muscles — which is why they're often injured when training ramps up too fast.

Common Symptoms:

- Pain at the site of your tendon and the surrounding area. This pain can get worse when you move.
- Stiff joints or difficulty moving your joints.
- Hearing and feeling a cracking or popping sensation when you move.
- Swelling, often with skin discoloration (red to purple or darker than your natural skin tone).

How can physiotherapy help treat it?

The cornerstone of tendinopathy rehab is progressive loading:

- Targeted strength training
- Gradual reintroduction of speed, plyometrics, and sport-specific loads
- Careful monitoring of pain response and recovery
- A structured return-to-sport plan, not guesswork



Steven Gordon
B.Phy (UQ), BHMS

*Your body is
adaptable, but it
needs the right
plan.*

**SOUTHPORT
PHYSIOTHERAPY
CENTRE**

3E/34 High Street
Southport
QLD 4215

P: (07) 5591 4333

southportphysio.com.au