

## What is tendonitis?

Tendonitis is a condition that results from chronic irritation or inflammation of the thick tendon cords that attach your bones to your muscles. This inflammation can develop in any of your tendons. However, certain areas of the body are prone to this tendon inflammation. As a result, unique names are often used to describe tendonitis affecting specific joints, such as:

- Tennis elbow
- Trigger finger
- Golfer's elbow
- De Quervain's tendonitis

A particularly common form of tendonitis is trigger finger, a condition where tendons in the finger cause it to become stiff, sore, and in more advanced cases, even "lock" into a flexed position.

You can develop deQuervain's tendonitis in your wrist due to overuse or flexor tendonitis due to overuse of the tendons of your wrist. If progressive, tendonitis can result in the swelling of your tendon that can be successfully treated with surgery.

## What causes tendonitis?

In some, tendonitis develops as the result of an injury to the tendon, such as from a fall. Many people develop tendonitis gradually as the result of their occupation or participation in certain sports or activities. Engaging in long-term repetitive motions can cause overuse related strain to the tendons, making it more difficult to move the affected area without pain or limitations. You may also be at increased risk for developing tendonitis as you get older, as your tendons become less flexible over the years and may be more susceptible to injury.

## How is tendonitis diagnosed?

Often your symptoms may be enough to indicate a diagnosis of tendonitis, and when indicated, Dr. Hung can complete your workup with X-rays or other imaging tests. Initially, you may need to rest the affected area and use over-the-counter medications to relieve your pain. If inflammation persists, splinting the area or a steroid injection can be helpful. If your symptoms do not respond to treatment and your activities become limited due to pain, surgery may be the best option for long-term symptom relief.

## What can I expect during tendonitis surgery?

During surgery for tendonitis, Dr. Hung makes small incisions in the area above the damaged tendon. Her goal in treatment is to decompress or repair the tendon, depending on the condition, and ensuring no other damage is present, especially to the nerves.

If you receive sedation or general anesthesia during surgery, you will need to recover for a brief period before going home to rest. You may need to keep the area immobilized for a week or more to prevent movement from interfering with your healing. Dr. Hung monitors your healing progress and later recommends physical or occupational therapy as indicated to restore functionality in the treated area.