Patient Information about Tendonitis

http://pain.healthcommunities.com/patient-information-tendonitis/index.shtml

Tendonitis is inflammation of a tendon, which is tissue that connects a muscle to a bone. Tendonitis, also sometimes called tendinitis, often results from repetitive actions that put pressure on the tendon, causing pain.

Areas of the body commonly affected by tendonitis include the wrist, elbow (e.g., tennis elbow, golfer's elbow), shoulder, hip, and knee. Tendonitis symptoms are similar to symptoms caused by other conditions, such as bursitis and arthritis.

Here are some questions to ask your doctor about tendonitis. **Print this page**, mark the questions you would like to have answered, and bring it with you to your next appointment. The more you know about tendonitis, the easier it will be to make informed decisions about how to prevent and treat this painful condition.

Questions to Ask Your Doctor about Tendonitis

- ☐ What are the different types of tendonitis?
- ☐ Which type of tendonitis do you think I have?
- ☐ What do you suspect is the underlying cause for this inflammation?
- ☐ What are other common risk factors for developing tendonitis?
- ☐ What are the most common signs and symptoms of tendonitis?
- ☐ Can tendonitis cause complications?
- ☐ What should I do if I my symptoms worsen or if I develop severe pain, a new symptom, or complications?
  Telephone number to call:
- ☐ How will my condition be diagnosed?
- ☐ What types of diagnostic tests will be performed?
- ☐ How should I prepare for these tests?
- ☐ Should I call for the test results or will someone contact me?
  Telephone number to call: **Date to call:**

© 1998-2009 by Healthcommunities.com, Inc. All rights reserved.
Healthcommunities.com, 136 West St., Suite 201, Northampton, MA 01060 1.888.950.0808 Fax: 413.587.0387

- ☐ What type of tendonitis treatment do you recommend?
- ☐ Why do you recommend this treatment?
- ☐ What are the benefits, risks, side effects, and complications of this tendonitis treatment?
- ☐ If this treatment is unsuccessful, what other treatment options are available?
- ☐ What should I do if I experience severe side effects?
  Telephone number to call:
- ☐ Might physical therapy be helpful? Why or why not?
- ☐ How long should I expect it to take before my pain improves?
- ☐ What does surgery for tendonitis involve?
- ☐ Might you recommend surgery? Why or why not?
- ☐ If tendonitis is left untreated, what types of complications may develop?
- ☐ Is tendonitis curable or is it a chronic condition?
- ☐ How can I prevent developing tendonitis in the future?
- ☐ Can you recommend any resources for additional information about tendonitis?
- ☐ How often should I be seen for follow-up appointments?
- ☐ **Next appointment:**
  Doctor: Date: Time:

Notes/Additional Information

© 1998-2009 by Healthcommunities.com, Inc. All rights reserved.
Healthcommunities.com, 136 West St., Suite 201, Northampton, MA 01060 1.888.950.0808 Fax: 413.587.0387