

# TENDINOPATHY (GENERAL)

## WHAT TO KNOW

- 1 DO NOT PANIC!** Tendon pain (tendinopathy) is very common in active people and has a positive prognosis.
- 2** Tendons respond well to gradual loading and strengthening.
- 3** Complete rest is usually not necessary and may slow recovery.
- 4** Some soreness during or after exercise is normal and expected. Think: "SORE but SAFE."
- 5** With consistent, progressive loading, tendons become stronger and more tolerant over time.

## WHAT TO DO



**1** Continue to move and exercise. Gentle loading helps the tendon adapt.



**2** Strength training is key. Slow, controlled strengthening exercises are often very effective.



**3** Manage load. If symptoms increase, temporarily reduce intensity or volume.



**4** Build back gradually. Progressive loading helps restore tendon strength and resilience.



**5** Consistency matters. Regular training usually works better than occasional intense sessions.

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