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New Approach to Handling Tendinopathies - Concurrent Workshop
Saturday, 17 August 2013  Start 4:30pm  Duration: 60mins  Picasso
New Approaches to Handling Tendinopathies
By Hamish Osborne
Definition

• Tendinopathy
  – Absence of tightly packed collagen bundles
  – Large amount mucoid ground substance
  – Clefts in collagen suggesting microtearing
  – Neovascularisation
  – Histopathology is tendinosis
1882 *Lancet*; Morris H. The rider’s sprain. 120(3074)

- First to hypothesise down better than up
Reproducibility and clinical utility of tendon palpation to detect patellar tendinopathy in young basketball players. Victorian Institute of Sport tendon study group.
2006 Br J Sports Med Manias P, Stasinopoulos D. A controlled clinical pilot trial to study the effectiveness of ice as a supplement to the exercise programme for the management of lateral elbow tendinopathy.
Continued sports activity, using a pain-monitoring model, during rehabilitation in patients with Achilles tendinopathy: a randomized controlled study.
2010 Journal of Science and Medicine in Sport. Osborne H. Stop injecting corticosteroid into patients with tennis elbow, they are much more likely to get better by themselves!

- If a new anti-cancer drug were to show early (6 weeks) benefits with remission rates of 78% for the drug compared with 29% for placebo, there would be great excitement. If follow up data showed remission rates at 1 year of 87% in the placebo group compared with 69% in the new drug group with significant statistical and clinical significance the new drug would never make it to market.
Osborne H, Quinlan J, Allison G. Hip abduction weakness in elite junior footballers is common but easy to correct quickly: a prospective sports team cohort based study.
Lateral Epicondylosis

• History
• Exam
• Investigations
Treatment

• Broom
Medical Epicondylosis

• History
• Examination
• Investigation
• Treatment
Biceps Insertion Tendinopathy

• History
• Examination
• Investigation
• Treatment
Gluteus Medius Tendinopathy
Gluteus Medius Tendinopathy
Greater Trochanteric Bursitis
Greater Trochanteric Bursitis
Greater Trochanteric Pain Syndrome

• History
• Examination
• Investigation
• Treatment
Hamstring Origin Tendinopathy

- History
- Examination
- Investigation
- Treatment
Patella Tendinopathy

- History
- Examination
Investigations
Osgood Schlatter's Hangover effect
Treatment

• Treat the knee
  – PFJ
  – Decline Squats
  – Leg Extension
  – Leg Press

• Treat the whole person
Quads Tendinopathy

- History
- Examination
- Investigation
- Treatment
Achilles Tendinopathy

- History
- Examination
Treatment - eCAP
Achilles Enthesopathy

- History
- Examination
Investigations
Investigations
Treatment
Tibialis Posterior Tendinopathy

- History
- Examination
- Investigation
- Treatment
Peroneal Tendinopathy

• History
• Examination
• Investigation
• Treatment
FHL Tendinopathy

- History
- Examination
- Investigation
- Treatment
Problems with conservative management
Match your expectations

- Cross training
  - Starts immediately

- Expectations of the patient and the practitioner
Questions?

THANK YOU