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Tendonitis

Tendonitis is a painful and often debilitating inflammation of a tendon. The three major stages of tendon inflammation are: peritonitis, tendinitis and peritonitis with tendinitis. Peritonitis symptoms are characterized by localized pain during or following activity. As this condition progresses, pain often develops earlier on during activity, with decreased activity, or while at rest. Tendinitis is a degenerative condition that usually does not produce symptoms. It may cause swelling or a hard knot of tissue (nodule) on the back of the leg. Peritonitis with tendinitis results in pain and swelling with activity. As this condition progresses, partial or complete tendon rupture may occur. Tendinitis is common in runners, and athletes, especially in sports that involve jumping, and in people who do a lot of walking. Tendinitis often develops following sudden changes in activity level, training on poor surfaces, or wearing inappropriate footwear. Symptoms may be attributed to a single incident of over stressing the tendon, or it may result from a series of stresses that produce small tears over time (overuse). The condition also may develop in people who exercise infrequently are out of physical condition.