



# Anterior Tendonitis

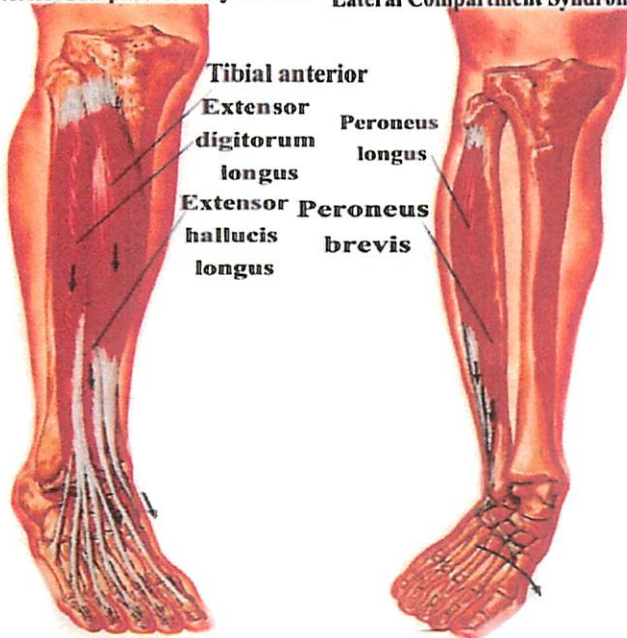
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## What is Tendonitis?

When you use a set of muscles too much, you're likely to strain the tendons (soft tissues) that connect those muscles to your bones. At first, pain or swelling may come and go quickly. But if you do too much too soon, your muscles may overtire again. The strain may cause a tendon's outer covering to swell or small fibers in a tendon to pull apart. If you keep pushing your muscles, damage to the tendons adds up and tendonitis develops. Over time, pain and swelling may limit your activities. But with your doctor's help, tendonitis can be controlled. Both your symptoms and your risk of future problems can be reduced.

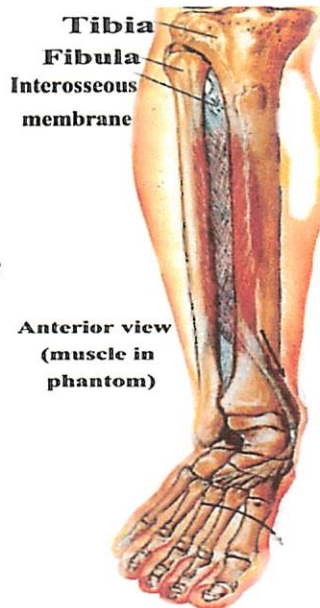
**Where does your foot hurt?** Depending on what causes the stress or overuse, tendons in the back, sides, or front of your foot may hurt. At first you may feel pain only during or after a work out, such as running or an aerobics class. As tendon damage adds up, however, your foot may hurt when you walk or even when you stand still.

Anterior Compartment Syndrome    Lateral Compartment Syndrome



## The front of your foot

*The anterior tibial tendon* helps control the front of your foot when it meets the ground. If this tendon is strained, you may feel pain when you go down stairs or walk or run on hills.



## Treating Tendonitis

- **Rest**– Allows the tissues in your foot to heal
- **Ice**-helps prevent swelling and reduces pain. Place ice on the painful area for 30 minutes. Repeat the icing several times a day.
- **Compression**
- **Anti-inflammatory medications**-may help reduce pain and swelling
- **Splint/Cast**
- **Crutches**
- **Activity modifications**-stay off your feet for a few days, then slowly work back into activity
- **Shoe changes**
- **Exercise to strengthen and prevent reoccurrence.**

## The Inside of Your Foot

*The posterior tibial tendon* runs along the inside of the ankle and foot. If this tendon is strained, your foot may hurt when it moves forward to push off the ground, Or you may feel pain when your heel shifts from side to side.