Title: Treating Tendinopathy: Perspective on anti-inflammatory intervention and therapeutic exercise

Presenter:

Michael Joseph PhD, PT is an assistant professor in the Doctor of Physical Therapy Program at the University of Connecticut. He teaches in the areas of clinical and musculoskeletal pathology and orthopedic assessment and intervention. His research has focused on tendon adaptation to pathology and physical activity.

Craig Denegar, P.T., Ph.D., A.T.C, FNATA is a Professor and Director of the Doctor of Physical Therapy Program at the University of Connecticut. He teaches in the areas of therapeutic interventions, research methods and clinical epidemiology. His research and scholarship have largely been devoted to therapeutic interventions and most recently on the influences of mechanical loading on connective tissue homeostasis and repair.

Time Frame: 3 hours

Target Audience: Multiple

Description: Understanding of the etiology of tendon pain and related functional deficits has evolved substantially. Once believed inflammatory and labeled tendinitis, tendon disease is now viewed along a continuum of acute response to overload, failed repair and finally degeneration. This perspective has shifted treatment from a focus on rest and the use of anti-inflammatory agents to more active interventions. Advances in mechanobiology offer a scientific foundation for the long-observed benefit of eccentric loading in treatment of tendinopathy. This presentation will provide a contemporary understanding of tendinopathy and evidence-based recommendation for the treatment of patients with Achilles and patella tendon related pain.

Objectives:

At the conclusion of this presentation the participant will be able to:

- Describe progression of tendon disease from acute overload to degeneration
-Describe the structural damage

-Describe programs of therapeutic exercise for lower extremity tendinopathy with good evidence of effectiveness

-Discuss the effects of medications on the symptoms and repair process in patients with tendinopathy

References:


