

KNOW ALL ABOUT TENDONITIS

WHAT ARE TENDONS?

TENDONS ARE STRONG BANDS THAT CONNECT MUSCLES TO BONES, HELPING US MOVE. FOR INSTANCE, TENDONS CONNECT YOUR MUSCLES TO YOUR BONES IN YOUR ELBOW, HEEL, KNEE, SHOULDER AND WRIST.

- MADE OF ROPE-LIKE FIBERS THAT ARE STRONG
- CAN STRETCH AND STORE ENERGY

WHAT IS TENDINOPATHY AND HOW IS IT CAUSED?

It's not always clear how tendinopathy develops but when a tendon is used too much or too much stress is put on it, it can lead to small tears in the tendon fibers, ultimately resulting in tendinopathy.



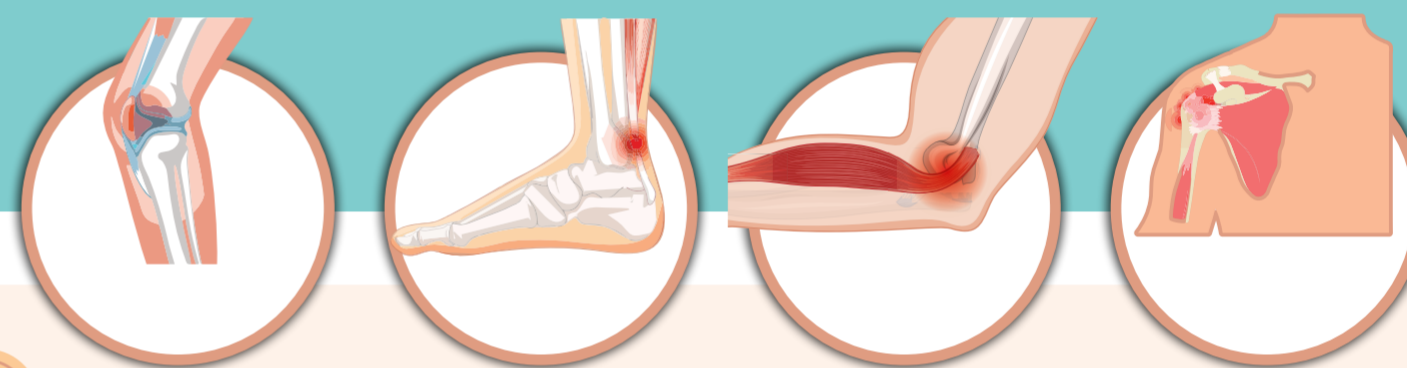
Tendons are strong, but when they tear, they're slow to heal. If your tendon doesn't get the rest it needs to heal, chronic tendinopathy can set in.

DID YOU KNOW?

35% of the Indian Population is affected by Tendinopathy, particularly those involved in repetitive physical activities.¹

What are the most common types of Tendinopathy?²

- Tendinopathy of knee
- Tendinopathy of ankle
- Tendinopathy of elbow
- Tendinopathy of shoulder



HOW IS TENDINOPATHY TREATED?

Treatment for tendinopathy usually begins with conservative therapies like rest, ice, pain relief medications, stretching exercises & supplements like T-Flex™ to repair the tears in your tendon.

WHAT IS T-FLEX™ ?

T-Flex™ supports tendon health by providing a source of nutrients important for tendon maintenance.

The image shows five circular icons with text labels: 1. A hand holding a tendon with the text 'Promotes healthy tendon structure^{4,5,6}'. 2. A dumbbell with the text 'Optimises results of physical therapy⁷'. 3. A hand holding a tendon with the text 'Reduces Tendinopathy discomfort^{6,7,8}'. 4. A pill with the text 'Lowers reliance on analgesics⁶'. 5. A circular arrow with a plus sign and the text 'Speeds up recovery time⁸'.

WHAT ARE THE SYMPTOMS OF TENDINOPATHY?

The symptoms of tendinopathy can include:



Pain



swelling



Muscle weakness



Stiffness & restricted mobility at the affected joint



The skin over the affected area may feel warm to the touch

Dosage

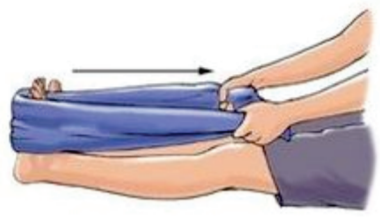
- One capsule twice daily orally with water for minimum one month.

An initiative by



RECOMMENDED EXERCISES FOR THE HEALTHY TENDON

Peroneal Tendon Injury Rehabilitation Exercises



Towel stretch



Standing calf stretch



Standing soleus stretch



Achilles stretch



Heel raise



Step-up



Resisted ankle eversion



Balance and reach exercise A

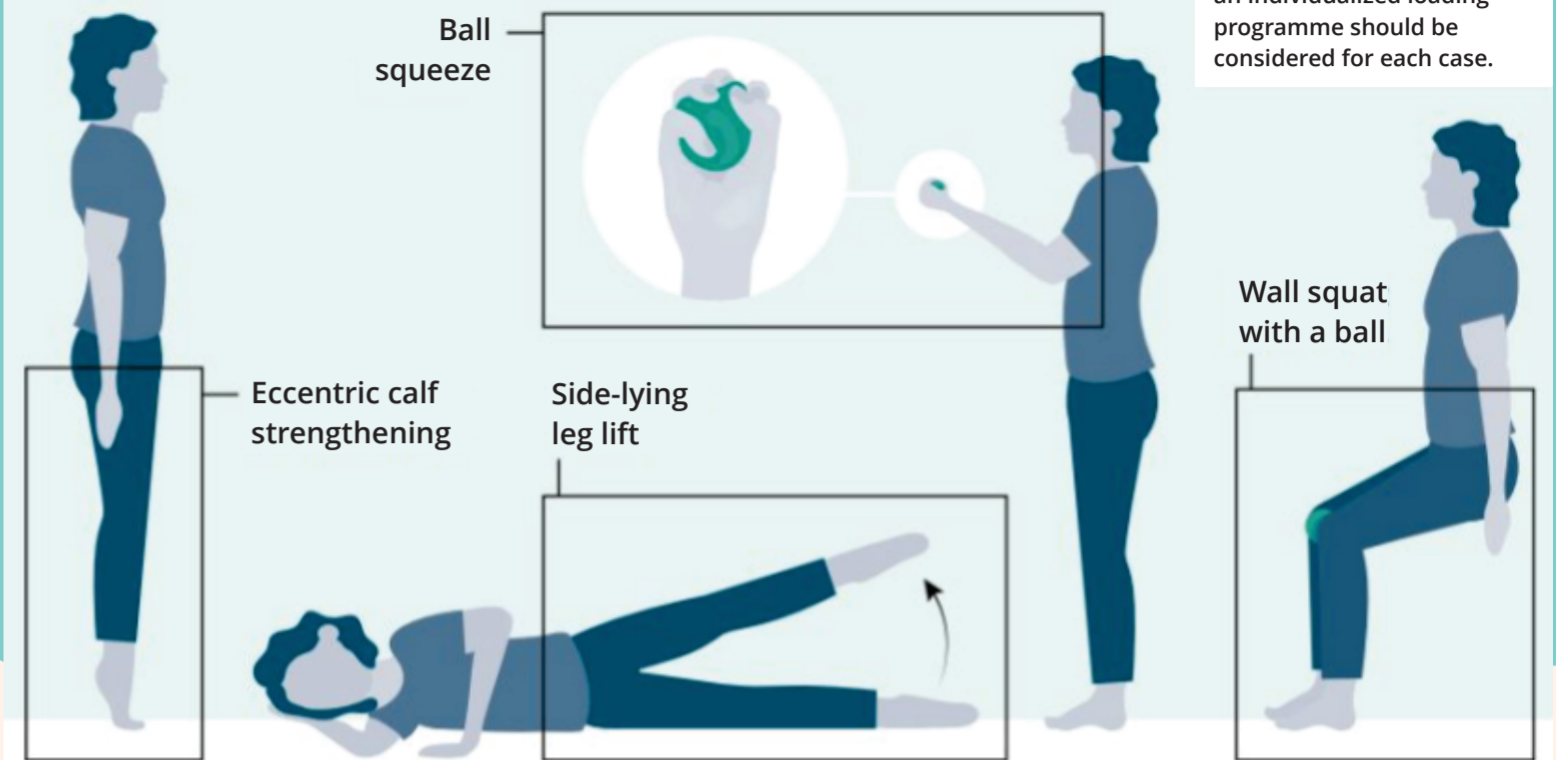


Balance and reach exercise B

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Exercise-based strategies



THINGS YOU SHOULD AVOID IN TENDINOPATHY - THE NO **HARM** PROTOCOL:



-  No **H**eat
-  No **A**lcohol
-  No **R**unning or physical activity
-  No **M**assage

HOW CAN I KEEP MY TENDONS HEALTHY?

To help reduce your risk of tendon conditions:

- Balance cardio exercise, strength training & flexibility
- Stop an activity if pain occurs
- Stretch after exercise
- Work in rest days
- Listen to your body
- Warm up before you exercise
- Wear proper athletic shoes

Tendinopathy is common, and contrary to popular belief, it doesn't just happen to athletes. Many factors can affect your tendon health, many of which you may be unaware of. Anyone can accidentally injure a tendon. It's what you do next that matters. Once you've recognized the injury, it's time to shift gears. Tendons are tough and hardworking, but when they're injured, it's our turn to take proper care of them with T-Flex™.

References:

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