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Tendonitis and Carpal Tunnel – Knee and Wrist Pain

How are your knees?

Are your knees aching? Stiff? Swollen? Pain that builds with use but (usually) eases with rest?

It could be tendonitis. Tendons are the fibrous bands that attach muscle to bone and are more susceptible to damage with age (they get less flexible), being overweight, repetitive use and "weekend warrior" syndrome. Rest, ice, meds & supports can help them heal; then ease your way back to exercise, including good, gentle stretching.

Ignoring the signals from your knees can lead to irreversible damage and necessitate joint replacement surgery. So, taking care for your knees at the first sign of problems can help keep you active and prevent potential complications.

Achieve and maintain a healthy weight. Be kind to your knees: use good posture and good form when moving about. And, talk to your doctor about treatments, both medications and physiotherapy.

Do you have pain in your wrist?

The carpal tunnel is the passageway through which many nerves and tendons pass through the wrist. Inflammation here can lead to pain, numbness, tingling and weakness in the hand. As with the knee, rest (for at least 2 weeks), medications and special braces can help, but, for some, surgery may be necessary to regain proper hand use.

Your hands are active, complex and contain a lot of joints – leaving them particularly susceptible to arthritis and other joint problems. Exercising the hand to increase flexibility and improve the strength of muscles supporting these joints will keep your hands working and reduce any pain.

Talk to your doctor or physiotherapist about stretching exercises to lengthen muscles & tendons and isometrics to increase strength.

It can be a fine line between good activity and injurious activity – especially when it comes to tendons and joints. Take the time to learn to exercise safely to avoid damage and reap benefits.