

BJSM Michael Kjaer on the pathogenesis of tendinopathy and tendon healing

<https://soundcloud.com/bmjpodcasts/michael-kjaer-on-the-pathogenesis-of-tendinopathy-and-tendon-healing?in=bmjpodcasts/sets/bjasm-1>

- Magnusson et al (2010) The pathogenesis of tendinopathy: Balancing the response to loading
- Evidence for early inflammatory response.
- Primary pain is nociceptive substances/ nerve ingrowth/ neovascularisation
- Compressive loading
- Tendon Homeostasis- tendon build up/ degradation homeostasis is maintained
- Normalisation of tendon due to healthy fibre ingrowth after 3 years even without any intervention
- Pain is disassociation with hyper vascularisation of the tendon
- Core structure of tendon developed during adolescence + daily maintain that is producing collagen (90% not being influenced and 10% being remodelled)
- Cross links that stiffen the tendon
- Most studies support eccentric/ however concentric exercise has support
- 70-75% success, however stuff to put onto of that – sclerosing injections