

## Introduction

Tenosynovitis is the inflammation of a tendon sheath which protects the layer surrounding tendons. It can result in pain, swelling, and stiffness, particularly in the hand, wrist, and foot and can be caused by overuse, injury, or infection.

Tendonitis is a condition where tendons, the tissues connecting muscles to bones, become inflamed and painful. It's often caused by overuse or repetitive movements, leading to swelling and restricted movement around a joint. While it can affect any tendon, it's commonly found in areas like the shoulder, elbow, wrist, knee, and heel.

## Causes

**Repetitive Strain:** Activities involving repetitive motions, such as running, jumping, or certain sports, can lead to tendonitis.

**Overuse:** Excessive or sudden increases in physical activity without proper warm-up or recovery can also trigger tendonitis.

**Poor Posture or Technique:** Incorrect posture or technique during activities, like sports or work, can strain tendons.

**Direct Injury:** A sudden impact or injury to a tendon can also cause inflammation.

## What can I do?

If you are suffering mild or occasional symptoms, you may first wish to try and manage it yourself. There are a few things that might help, including:

- Try to avoid or reduce activities that make your symptoms worse. Try to introduce a wider range of movement, reduce force or change stance.
- Over-the-counter medication such as paracetamol or ibuprofen may provide short term relief from painful symptoms but should not be relied on for long term treatment.
- Try using a hot or cold pack (or a bag of frozen peas) wrapped in a towel on the affected area for up to 20 minutes every 2 to 3 hours.
- Warm up properly before undertaking strenuous or repetitive activities.

## What if these suggestions don't help?

For moderate or severe symptoms, or for mild symptoms that do not respond to self-care, then you should seek review with your family doctor (GP) or Occupational Health Practitioner.

## What treatments are available?

These conditions usually get better after resting the affected area for a few weeks, but it can sometimes last longer. If symptoms persist:

- Your GP may prescribe stronger anti-inflammatory tablets.
- You might consider seeking review by a physiotherapist.
- Surgery may be an option but is rarely required.

## Special Considerations

If you believe that your symptoms may have been caused by work, you should raise the issue with your manager or Occupational Health Practitioner.

Short term adjustments or a temporary redeployment may provide the rest needed for inflammation to subside and an ergonomic review of the process or task might help to identify and reduce the risk of harmful movement or force causing further problems in the future.



Further information may be found here:

<https://www.plymouthhospitals.nhs.uk/download/tenosynovitis-tendonitis-final-february-2025-v2pdf.pdf?ver=30612&doc=docm93jijm4n19563.pdf>

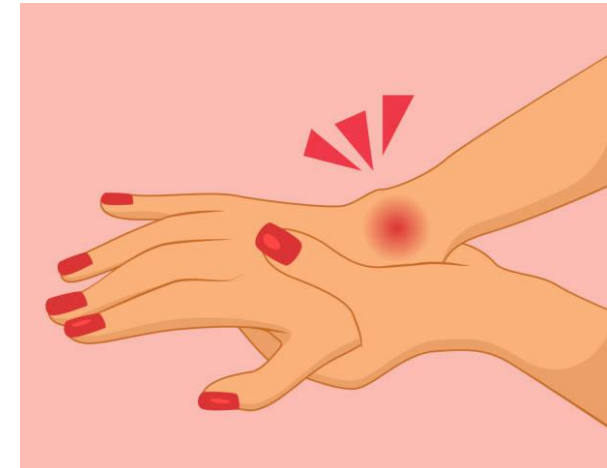
A copy of this leaflet may be downloaded from:

<https://mohs.co.uk/resources/>

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## Tenosynovitis & Tendonitis A Guide for Employees



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