

MODULE: INTRODUCTION TO
PHYSIOLOGY
LECTURE: OLOGUSEN
AWOLARAN
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INTRODUCTION

- DEFINITION: "Tendinitis is when a tendon swells (becomes inflamed) after a tendon injury. It can cause joint pain stiffness and affect how the tendon moves" (NHS,2023).

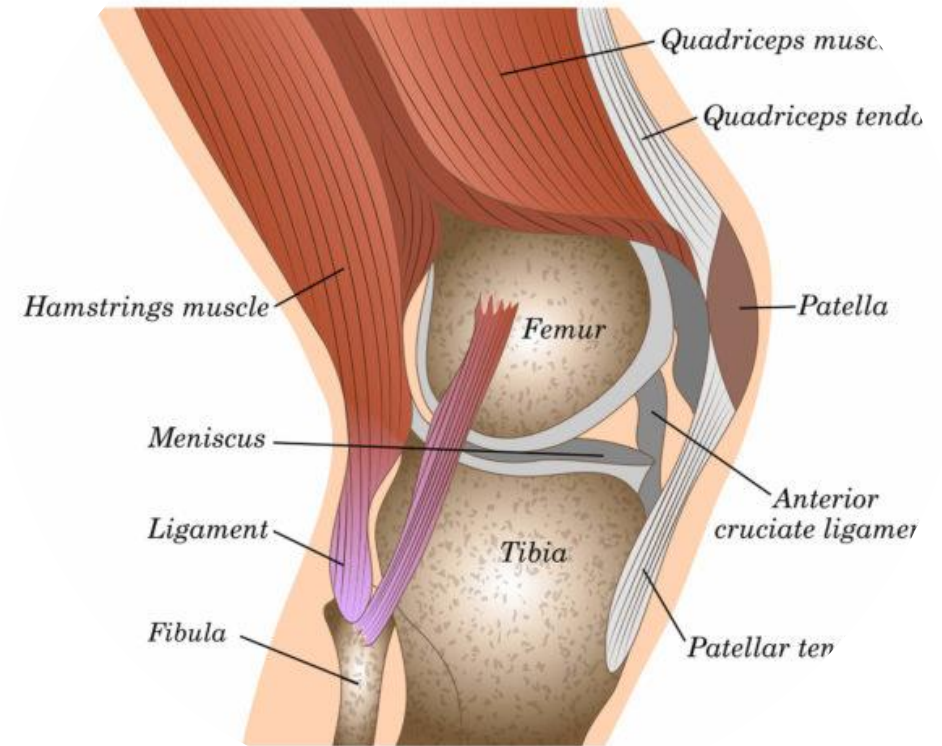
Patient A is 57 years old warehouse worker and was an ex high level athlete. He is a current smoker, drinks alcohol. He does a lot of workout with heavy machines. Patient A is suffering from tendinitis since he started the heavy lifting loads for the past 2 years and doesn't know how to treat the injury.

(Shutterstock, 2023)

PHYSIOLOGY/ANATOMY

- The knee is one of the largest joint in the body. The knee has 4 parts: bones, cartilage, ligaments and tendons. 3 bones meet to form a joint called Femur (end of the thigh bone) and Tibia (the shin bone) which is also called Tibiofemoral joint) and the patella (kneecap). (American Academy of Orthopaedic Surgeons, 2023).

Knee anatomy



PHYSIOLOGY/ ANATOMY

Knee tendonitis also called Patellar tendinopathy is a painful condition of the knee.

Patellar tendinopathy appears in sports especially in the repetition of the same movements that requires strenuous, jumping. (MayoClinic,2023)

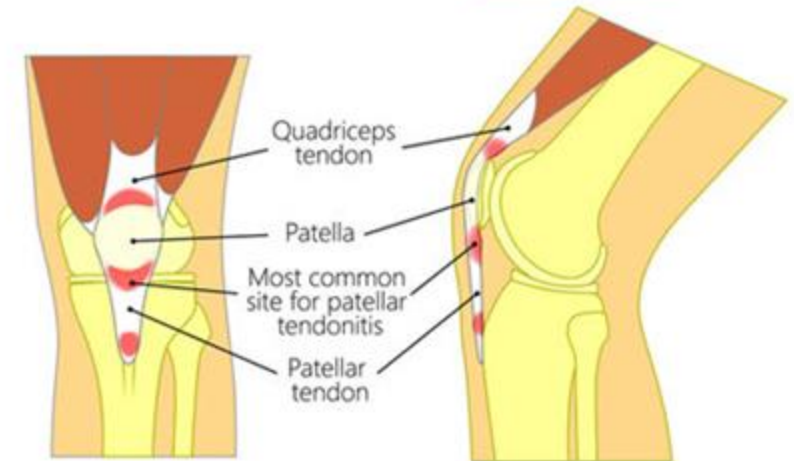
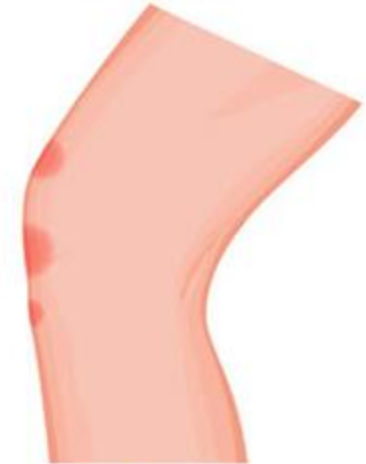
This injury is connected to your kneecap (patella) to your shinebone. Tendons works with muscles at the front of the thigh to extend your knee. (NCBI,2023)

PATELLAR TENDONITIS (JUMPER'S KNEE)

Front view



Lateral view



QUESTIONNAIRE

After collecting some information from the questionnaires, Patient A is a current smoker, he drinks alcohol at least 2 times a week, drinks a lot of fizzy drinks, add sugar to his coffee, love to fried his chicken. Patient A was a high level athletes and had several injuries. But he is physically active by doing jogging, football, gym, work.





LIFESTYLE HEALTH-RELATED INFORMATION OF THE PATIENT

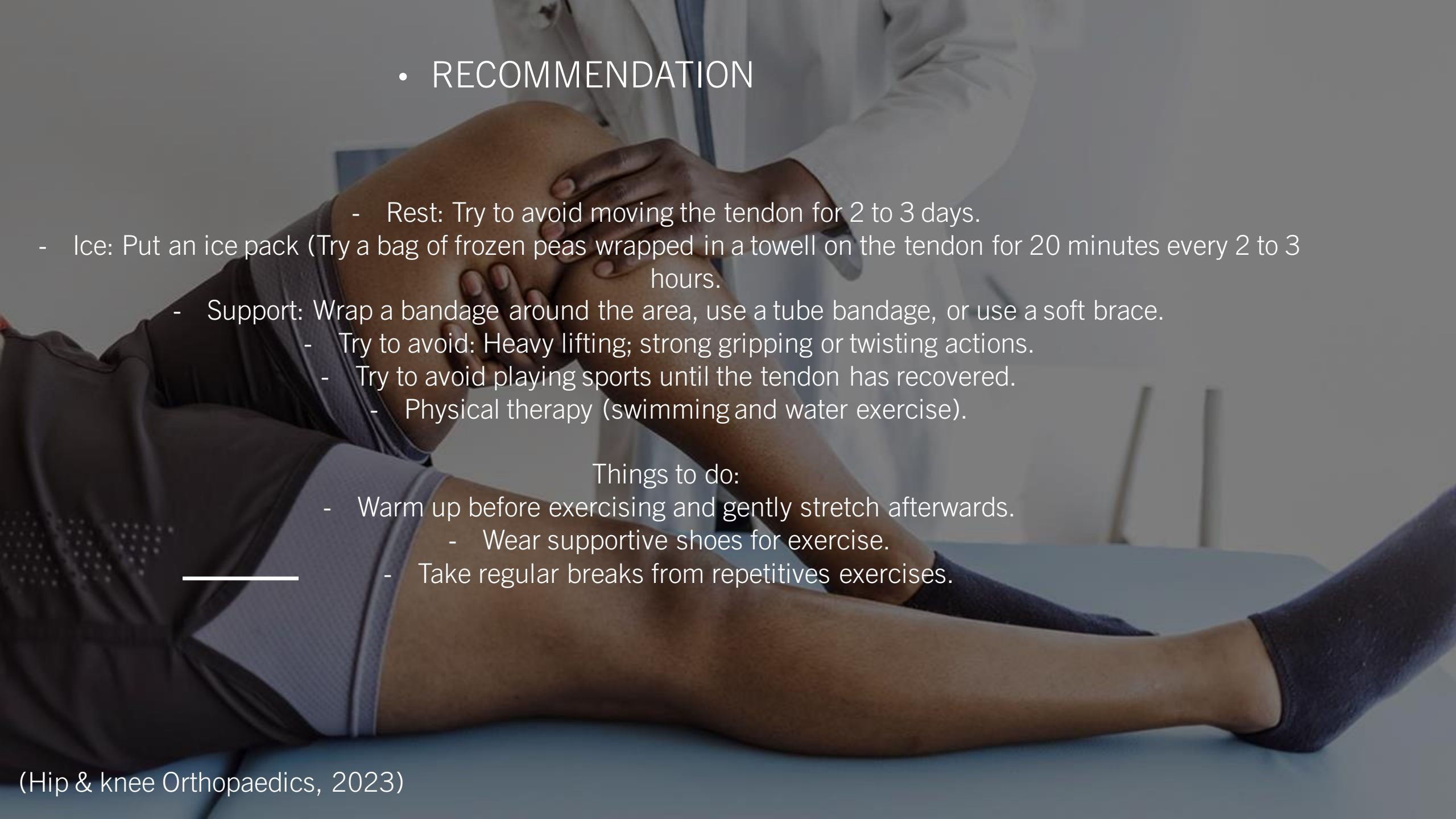
- Workouts
- Drinks alcohol
- Add sugar to his coffee
- Smoking
- Eats a lot of fried meats
- Lifting heavy loads



HEALTH RISKS

- Age
- Physical activities with poor form
- Repetition of movements
- Be overweight
- Same positions

(IndiaTvNews, 2023)

A person is lying on their side on a light blue table. A healthcare professional, wearing a white lab coat, is standing over them and examining their hip with both hands. The person is wearing a dark grey athletic top and light blue shorts. The background is a plain, light-colored wall.

• RECOMMENDATION

- Rest: Try to avoid moving the tendon for 2 to 3 days.
- Ice: Put an ice pack (Try a bag of frozen peas wrapped in a towel) on the tendon for 20 minutes every 2 to 3 hours.
- Support: Wrap a bandage around the area, use a tube bandage, or use a soft brace.
 - Try to avoid: Heavy lifting; strong gripping or twisting actions.
 - Try to avoid playing sports until the tendon has recovered.
 - Physical therapy (swimming and water exercise).

Things to do:

- Warm up before exercising and gently stretch afterwards.
 - Wear supportive shoes for exercise.
- Take regular breaks from repetitive exercises.



CONCLUSION

REFERENCES

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