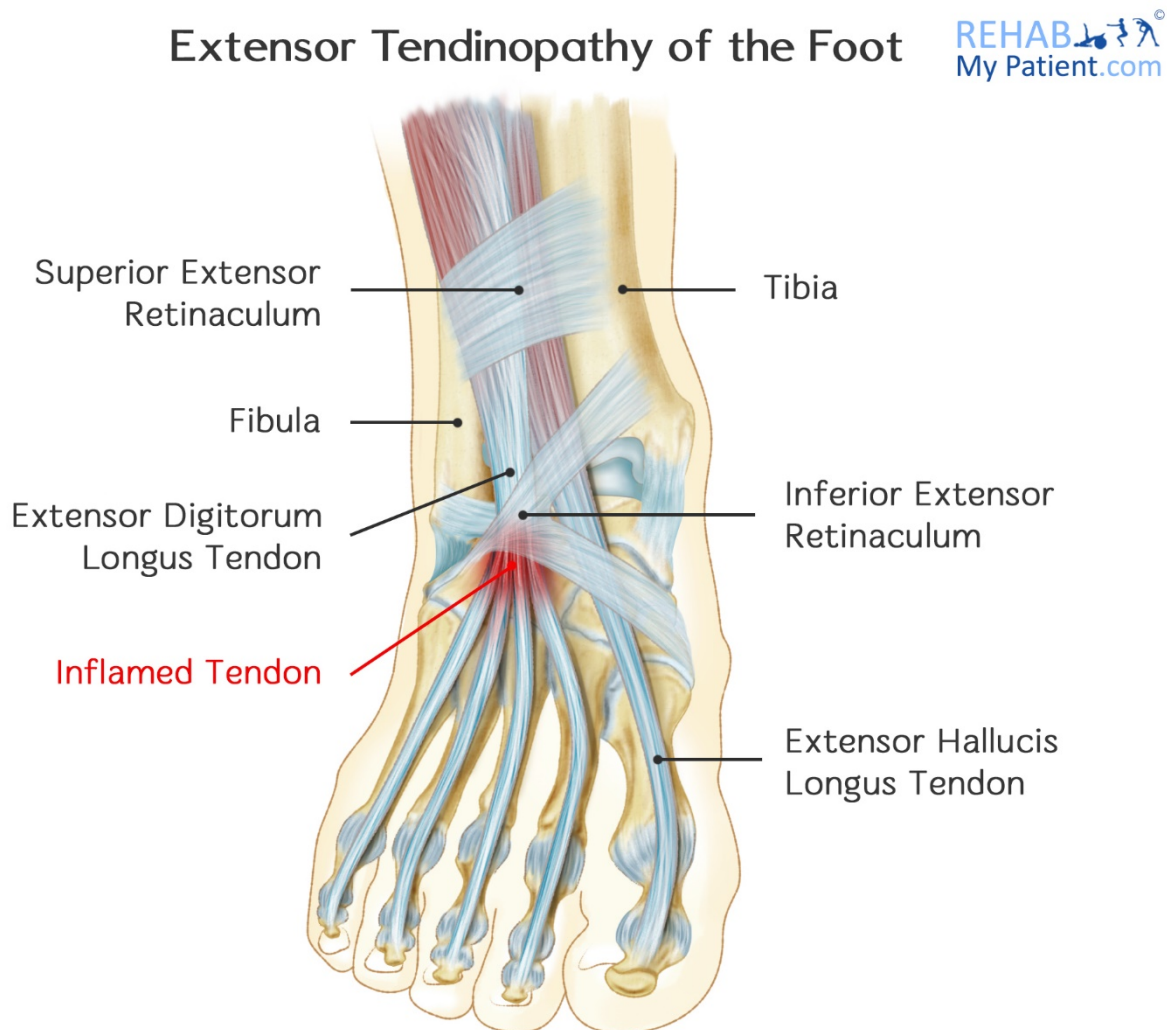


Extensor Tendinopathy of the Foot

Tendinopathy is used for denoting both tendinosis and tendonitis. Both of the aforementioned conditions lead to swelling and pain on the upper part of the foot. Pain can also travel to the outside of the shin. Tendonitis is an inflammation of the tendons. Inflammation is the manner in which the body is able to protect itself against any damage from stress, infection or trauma. Tendinosis refers to a weakening of the tendon. Micro tears occur within the tendon tissue that has failed to heal, which leads to disability and pain. In the beginning stages of tendinosis, there might also be inflammation. Usually, tendon pain is the direct result of an overuse injury.

Extensor Tendinopathy of the Foot Anatomy

The extensor tendons for the toes are fibrous extensions for the muscles located along the front side of the lower leg, which help to extend the toes. Two main extensor tendons are present: the extensor digitorum longus tendon and the extensor hallucis longus tendon. Both of these tendons pass along the front of the ankle traveling up to the surface of the foot before finally being inserted into the bones of the toes. The tendons help to extend the toes when climbing or walking.



How to Treat Extensor Tendinopathy of the Foot:

1. Rest

As with the majority of injuries, the first line of treatment is to rest and avoid placing additional weight on the injured area. Avoid engaging in any stressful activities to help alleviate the swelling and inflammation. Avoid any repetitive movements that could be aggravating your foot pain.

2. Stretching

Calf muscle stretching can help to reduce the stiffness within the muscles of the calf. When the muscles are loose, it will help alleviate stress on the extensor tendons.

3. Padding

Add some padding into the forefoot area to help relieve any pressure on the afflicted area from tight fitting shoes.

4. Orthotics

Orthotic devices help to provide the foot with support and allow the overworked tendons to rest. The tendons can become strained when the foot is over-pronated. An orthotic device can help to correct any faulty biomechanics, such as that of using an arch support. Speak to your therapist, or seek help from a podiatrist.

Tips:

- When it comes to your shoes, you want to wear ones that are comfortable. Avoid lacing your shoes too tightly as this puts unnecessary pressure onto the injured site.
- Tendon injuries take a long time to heal, so you need to make sure you provide yourself with a proper healing period.
- Degenerative changes in the tendon might be the direct result of aging or any number of other factors.
- Overexerting the tendons, such as when you perform a great deal of running, especially running downhill or uphill because the tendon has to work even harder to try and correct the foot.