

SURGICAL TREATMENT FOR TENDINOPATHY

Surgery is generally considered to be the final option for the treatment of chronic tendinopathy. Surgery is invasive and has inherent risks. That said, there are numerous well-done clinical trials that have demonstrated that surgery is a viable option for patients with chronic tendinopathy.

Procedures:

The specific nature of the surgical procedure to be performed is dependent on both surgeon preference and the type and severity of the tendinopathy. Most surgical procedures require a combination of debridement, realignment, tendon transfer, as well as resection of damaged tissues. On occasion, some tendons are lengthened so as to improve the overall joint range of motion.

The most commonly performed procedures include surgical debridement of the damaged tissue with resection of part of the tendon. Damaged and inflamed tendon tissues tend to be gritty in texture, gray in color, stiff, and visibly reddened and inflamed. This tissue is removed and the remaining tendon is repaired with sutures. Realignment procedures, as well as augmentation procedures with healthier tendons may or may not be performed in conjunction with the debridement.

Recovery:

It is important to note that recovery from tendon surgery is generally lengthy. With the right combination of post-operative protection and rehabilitation, most patients have achieved significant improved pain reduction as well as better function.