

Telehealth for

# Chronic Tendon Pain



**SOUTH SHORE**  
Physiotherapy

1.

Chronic tendon pain is a localized, activity driven dysfunction that usually hurts after activity



The best evidence based management for these are a combination of graded exercise and activity planning

2.

Through our telehealth service, we can discuss the irritability and load tolerance of the tendon



3.

We can also have you perform loading tests at home as an objective marker of irritability



4.

Based on our findings, we can provide education and exercises to help manage symptoms, expectations, and gradually load the tendon.



5.

We can then follow up with an e-mail summarizing our discussion and activity plan, and provide a document with pictures and descriptions of the exercises we went over.

