

Tendinitis Protocol *

Tendinitis is an inflammation or irritation of a tendon, the thick cord that attaches bone to muscle. Tendinitis is most often caused by repetitive, minor impact on the affected area, or from a sudden, more serious injury. Tendinitis can occur in almost any area of the body where a tendon connects a bone to a muscle. The most common places are:

- Base of the thumb
- Elbow
- Shoulder
- Hip
- Knee
- Achilles tendon

A few years ago I had tendinitis in one forearm so bad it hurt to simply hold the weight of an average-sized book. The following protocol got me pain-free and able to work in only 36 hours:

1. Castor oil pack daily to the affected area until complete relief was obtained. (see detailed information on castor oil packs on Recommendations page <https://ashiatsubycarol.massagetherapy.com/recommendations>)
2. Anti-inflammatory medication (ibuprofen) twice daily in a dose sufficient to substantially ease the pain (for me it was 400 mg) and continuing a smaller dose (200 mg twice daily) for one full day after the pain was gone. Make sure your doctor approves the use of anti-inflammatories given YOUR health and any treatments or medications you currently take.
3. Omega 3 fatty acid supplement (i.e. flax seed oil or fish/krill oil), double the recommended daily amount spanned at least twice a day (not taken all at once), continuing the double dose for 3 days after pain subsided, then back to a normal daily dose.
4. Rest for the affected area. This may not mean absolute rest, but doing things differently so as NOT to repeat movements that hurt during a flare-up.

Any one of these things alone will be helpful (as will massage), but together they are powerfully restorative. The effect of the castor oil pack is amazing, as though the pain is literally drawn out of the body. Add in a short-term anti-inflammatory/pain killer to support healing and for *comfort* while healing. Give your body the building blocks it needs to repair the tissue with an abundance of omega 3 fatty acids. AND, stop doing the motion that made you hurt in the first place. Now that you're feeling so good, why not come in for a massage to celebrate?

* This is Carol's personal experience and is not intended as a substitute for medical advice. When in doubt about any aspect of diagnosis or treatment, it is wise to consult a medical professional.