

Extensor and Flexor Tendinitis

What is it?

Inflammation of the tendons attached to the muscles that are responsible for flexing and extending the toes and foot

What causes it?

Overuse, tightness in opposing muscles or foot deformities. Extensor Tendinitis – tight calf muscles, over-exertion of the extensor muscles, fallen arches. Flexor Tendinitis – repetitive stress to the tendon from excessive dorsiflexion of the toes

Symptoms

Extensor Tendinitis – pain on top of the foot, pain when dorsiflexing the toes, some strength loss. Flexor Tendinitis – pain along the tendon, in the arch of the foot and along the inside back of the ankle

Top Tips

Rest from activity, use ice packs and anti-inflammatories to manage the pain

How to treat it

Rest from activities causing pain. Ice tendon. Anti-inflammatories



Rehab

Rest. Stretching the calf muscles and the tibialis anterior muscle will help relieve pressure on the tendon. Warm ups. Gradual increase of workload. Orthotics may be required to help with arch problems.

Definitions

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Flexion – movement in the body where the angle between two body parts is decrease

Extension – movement in the body where the angle between two body parts is increased

Orthotics – medical devices worn inside your shoes to correct biomechanical foot issues

Associated Conditions

- Ankle Sprain
- Posterior Tibial Tendinitis
- Peroneal Tendon Subluxation
- Peroneal Tendinitis
- Osteochondritis Dissecans (Ankle)
- Ankle Supination
- Pronation
- Retrocalcaneal Bursitis

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