NONSURGICAL ORTHOPEDICS — KEY WEST CONCIERGE ORTHOPEDICS

Triceps Tendonitis

Explanation of Diagnosis

Triceps tendonitis is **inflammation of the triceps tendon**, which connects the **triceps muscle** to the **olecranon (bony tip of the elbow)**. It is usually caused by **overuse, repetitive pushing or pressing motions, or excessive strain from weightlifting or sports**. Symptoms include **pain at the back of the elbow, tenderness, swelling, and weakness** when extending the arm.

Specific Work Modifications

- **Avoid repetitive pushing, pressing, or overhead lifting** (e.g., lifting heavy objects, using tools, or forceful pushing).
- **Modify workstation setup** to reduce strain (ergonomic tools, proper desk height, wrist/elbow supports).
- **Take frequent breaks** to stretch and prevent overuse.
- **Use a brace or compression sleeve** to support the elbow if needed.
- **Avoid resting the elbow on hard surfaces** for prolonged periods.

Specific Activity Modifications

- **Avoid** activities requiring strong triceps engagement, such as **push-ups, bench presses, dips, throwing sports, and tennis serves**.
- **Modify workouts** by reducing **overhead movements and heavy pressing exercises**.
- **Use lighter weights and higher repetitions** when returning to strength training.
- **Gradually reintroduce sports** while maintaining proper technique and warm-ups.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports tendon healing.
- **Vitamin C (500 mg daily)** - Aids collagen synthesis for tendon repair.
- **Magnesium (300-400 mg daily)** - Helps muscle relaxation and recovery.
- **Turmeric (500 mg twice daily)** - Natural anti-inflammatory.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces inflammation and stiffness.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Anti-inflammatory foods**: Leafy greens, berries, nuts, and fatty fish (salmon).
- **Collagen-boosting foods**: Bone broth, citrus fruits, and bell peppers.
- **Protein-rich foods**: Chicken, eggs, lentils, and dairy to support muscle and tendon repair.
- **Limit processed foods and excess sugar**, which can worsen inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain tendon hydration.
- **Limit caffeine and alcohol**, which can slow healing.

Home Exercise Prescription

Perform **2-3 times daily** to reduce pain and improve mobility:

1. **Triceps Stretch**
   - Raise your affected arm overhead and bend the elbow so your hand reaches toward your upper back.
   - Use the opposite hand to gently push the elbow for a deeper stretch.
   - **Hold for 20-30 seconds, repeat 3 times.**
2. **Elbow Extension Stretch**
   - Fully straighten your arm and hold the position to gently stretch the triceps.
   - **Hold for 20-30 seconds, repeat 3 times.**
3. **Eccentric Triceps Strengthening** (once pain improves)
   - Hold a **light dumbbell (1-3 lbs)** and perform slow triceps extensions, lowering over **3-5 seconds**.
   - **10 reps, 2-3 times daily.**
4. **Isometric Elbow Hold**
   - Press the back of your hand against a surface without moving the elbow.
   - **Hold for 5 seconds, 10 reps.**
5. **Forearm Supination/Pronation Exercise**
   - Hold a **light weight** (or a hammer) with the elbow bent at 90°.
   - Rotate the palm **up and down slowly**.
   - **10 reps, 2-3 times daily.**

Avoid heavy resistance or high-impact movements until fully recovered.

Helpful Books

1. "*Framework for the Shoulder: A Practical Guide to Preventing Injury and Returning to Activity*" - Nicholas A. Dinubile, MD

2. "*Rebuilding Milo: The Lifter's Guide to Fixing Common Injuries and Building a Strong Foundation*" - Aaron Horschig

Contact Key West Concierge Orthopedics to reach out to Dr. Jason Pirozzolo or schedule a Concierge Care without the Concierge Fee™ appointment. Check out Nonsurgicalorthopedics.com and TopOrthoDocs.com to continue your research.