

TABLE 11-3 Classification Terminology of Tendon Injury

NEW	OLD	DEFINITION	HISTOLOGIC FINDINGS	CLINICAL SIGNS AND SYMPTOMS
Paratenonitis	Tenosynovitis, tenovaginitis, peritendinitis	An inflammation of only the paratenon, lined by synovium or not	Inflammatory cells in paratenon or peritendinous areolar tissue	Cardinal inflammatory signs: swelling, pain, crepitus, local tenderness, warmth, dysfunction
Paratenonitis with tendinosis	Tendinitis	Paratenon inflammation associated with intratendinosis degeneration	Same as above, with loss of tendon collagen, fiber disorientation, scattered vascular ingrowth, but no prominent intratendinous inflammation	Same as above, with often palpable tendon nodule, swelling, and inflammatory signs
Tendinosis	Tendinitis	Intratendinous degeneration resulting from atrophy (aging, microtrauma, vascular compromise)	Noninflammatory intratendinous collagen degeneration with fiber disorientation, hypocellularity, scattered vascular ingrowth, occasional local necrosis, or calcification	Often palpable tendon nodule that is <i>asymptomatic</i> ; no swelling of tendon sheath
Tendinitis	Tendon strain or tear	Symptomatic degeneration of the tendon with vascular disruption and inflammatory repair response	Three recognized sub-groups; each displays variable histology, from pure inflammation to inflammation superimposed on preexisting degeneration in chronic conditions: (1) acute, (2) subacute, (3) chronic	Symptoms are inflammatory and proportional to vascular disruption, hematoma, or atrophy-related cell necrosis. Symptom duration defines each group: (1) <2 weeks, (2) 4 to 6 weeks, (3) 6 weeks

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