

## Common Tendinitis Locations

**Supraspinatus Tendon** – the arm of the seated client is held behind the back with the elbow in flexion. The humerus is maximally internally rotated and maximally extended, bringing the humeral attachment of supraspinatus out from under the acromion. The tendon is palpated immediately inferior to the acromioclavicular joint. The therapist palpates through deltoid muscle in the indentation between the anterior and middle fibers.

**Infraspinatus Tendon** – the humerus of the seated or prone client is flexed to 90 degrees, adducted 10 degrees and externally rotated 20 degrees. The tendon is palpated immediately inferior to the acromioclavicular joint and the lateral portion of the spine of the scapula. The therapist palpates the tendon through the posterior fibers of deltoid muscle.

**Subscapularis Tendon** – the seated client keeps the humerus at the side and the elbow is flexed to 90 degrees. The tendon is palpated inferior to the clavicle, lateral to the coracoid process. The humerus can be maximally externally rotated to make the lesser tuberosity prominent as a further landmark. The humerus is then medially rotated, returning it to a position midway between external and internal rotation. The tendon is palpated deep in the deltopectoral triangle, between the tendons of the long and short heads of biceps.

**Biceps Long Head Tendon** – the humerus of the seated client is internally rotated 20 degrees, or to a “hands on lap” position. The tendon is palpated inferior to the clavicle, lateral to the coracoid process in the same area as the subscapularis tendon. Internally rotating the humerus brings the biceps tendon out from underneath the anterior deltoid muscle.

**Common Extensor Tendon** – the elbow of the seated client is placed in slight flexion. The tendon is located distal to the lateral epicondyle. This can be located by the client pronating and supinating the hand while the therapist palpates for the moving head.

**Common Flexor Tendon** – The elbow of the seated client is placed in flexion and the wrist supinated. The tendon is located distal to the medial epicondyle.

**Abductor Pollicis Longus and Extensor Pollicis Brevis Tendons** – The sheaths are palpated on the radial side of the wrist

**Patellar Tendon** – is palpated immediately inferior to the patella

**Popliteus Tendon** – is palpated just inferior to the lateral femoral condyle, directly posterior to the lateral collateral ligament and biceps femoris tendon. The popliteus tendon is palpated through the lateral gastrocnemius muscle.

**Tibialis Posterior Tendon** – the foot is placed in plantarflexion. The tendon in its sheath is palpated just posterior and inferior to the medial malleolus

**Achilles Tendon** – The tendon lies between the gastrocnemius – soleus complex and the calcaneus.

