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RAPID RESEARCH

November 2023

Inside This Week: Tendinopathy Risk Factors

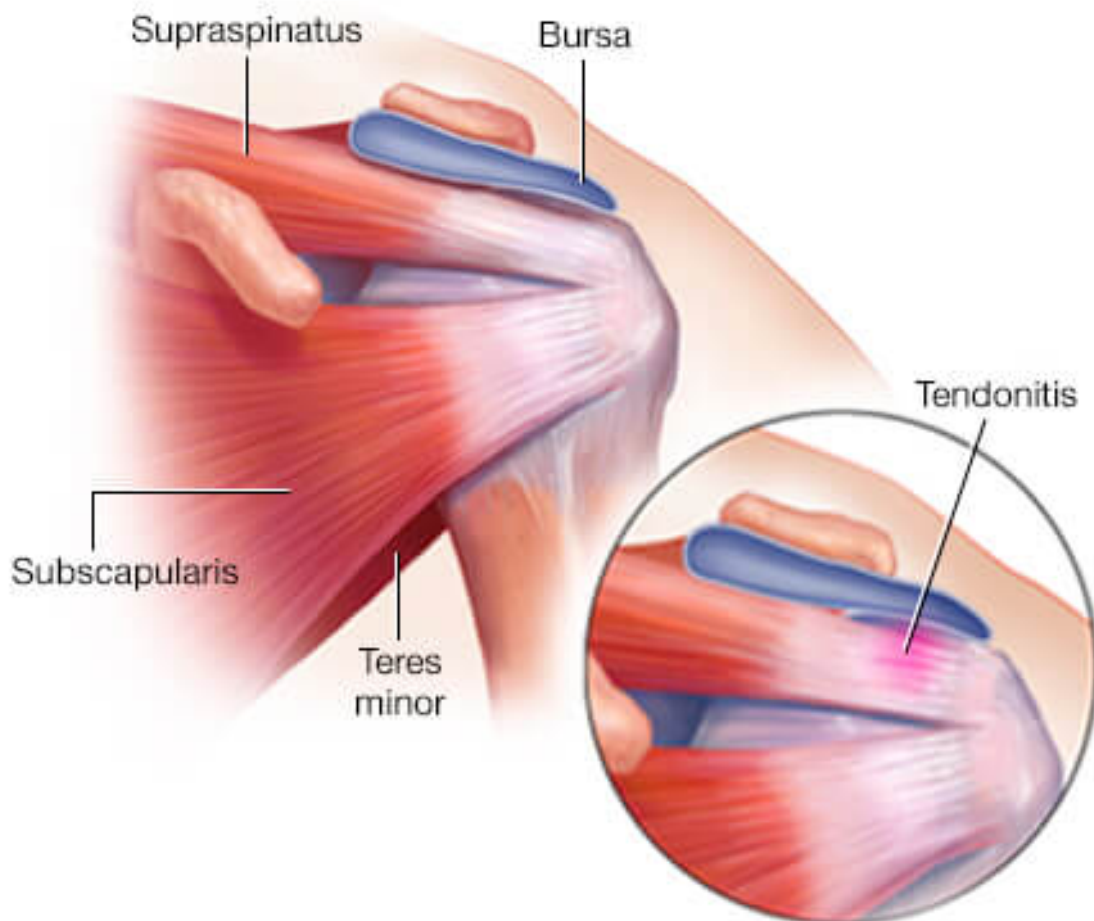
- ✓ Risk Factors for Rotator Cuff Tendinopathy
- ✓ Association of Metabolic Syndrome with Rotator Cuff Tendinopathy
- ✓ Impact of Nutrition on Tendon Health



RISK FACTORS FOR ROTATOR CUFF TENDINOPATHY

[Click for Full Text
\(Leong et al. 2019\)](#)

This study identified risk and associated factors for symptomatic rotator cuff tendinopathy.



KEY FINDINGS

16 studies included in this review.

22 risk factors analyzed (5 factors explored using meta-analysis).

Risk Factors for RTC Tendinopathy:

Age above 50 years

Diabetes

Work with the shoulder above 90°

MAIN TAKEAWAYS

Pooled analysis showed age above 50 years and work with the shoulder above 90° were associated with increased risk of symptomatic rotator cuff tendinopathy among the working population, and diabetes was associated with increased risk of symptomatic rotator cuff tendinopathy among the general and working population.

More prospective studies are required to identify the exact risk factors for rotator cuff tendinopathy in the general population and athletes of overhead sports.

Inconsistency in the method of tendinopathy diagnoses may explain the large between-study heterogeneity.

ASSOCIATION OF METABOLIC SYNDROME WITH ROTATOR CUFF TENDINOPATHY

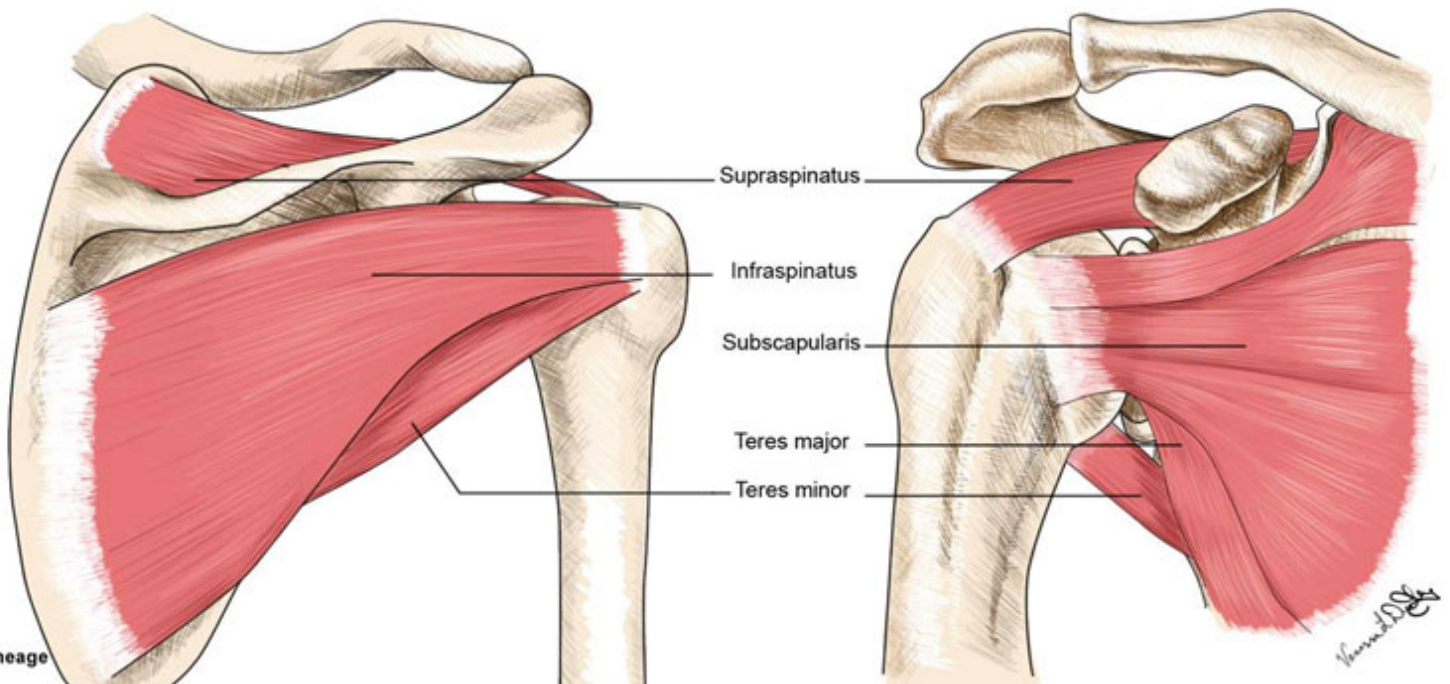
[Click for Full Text
\(Cao et al. 2023\)](#)

This study investigated whether genetically predicted metabolic syndrome (MetS) was related to the risk of RCT.

Posterior View

Rotator Cuff

Anterior View



KEY FINDINGS

NOVEMBER 2023

Univariable analysis revealed that genetically predicted MetS, body mass index (BMI), and waist circumference (WAC), had a significant positive association with the risk of RCT.

Triglycerides and systolic blood pressure were suggestively associated with RCT risk.

There was independent causality of BMI and waist circumference (WAC) on RCT after adjustment for confounders.

No mediator was found in the causal associations.

MAIN TAKEAWAYS

This study showed a causality of MetS and its components, especially BMI and WAC, with the risk of Rotator cuff tendinopathy.

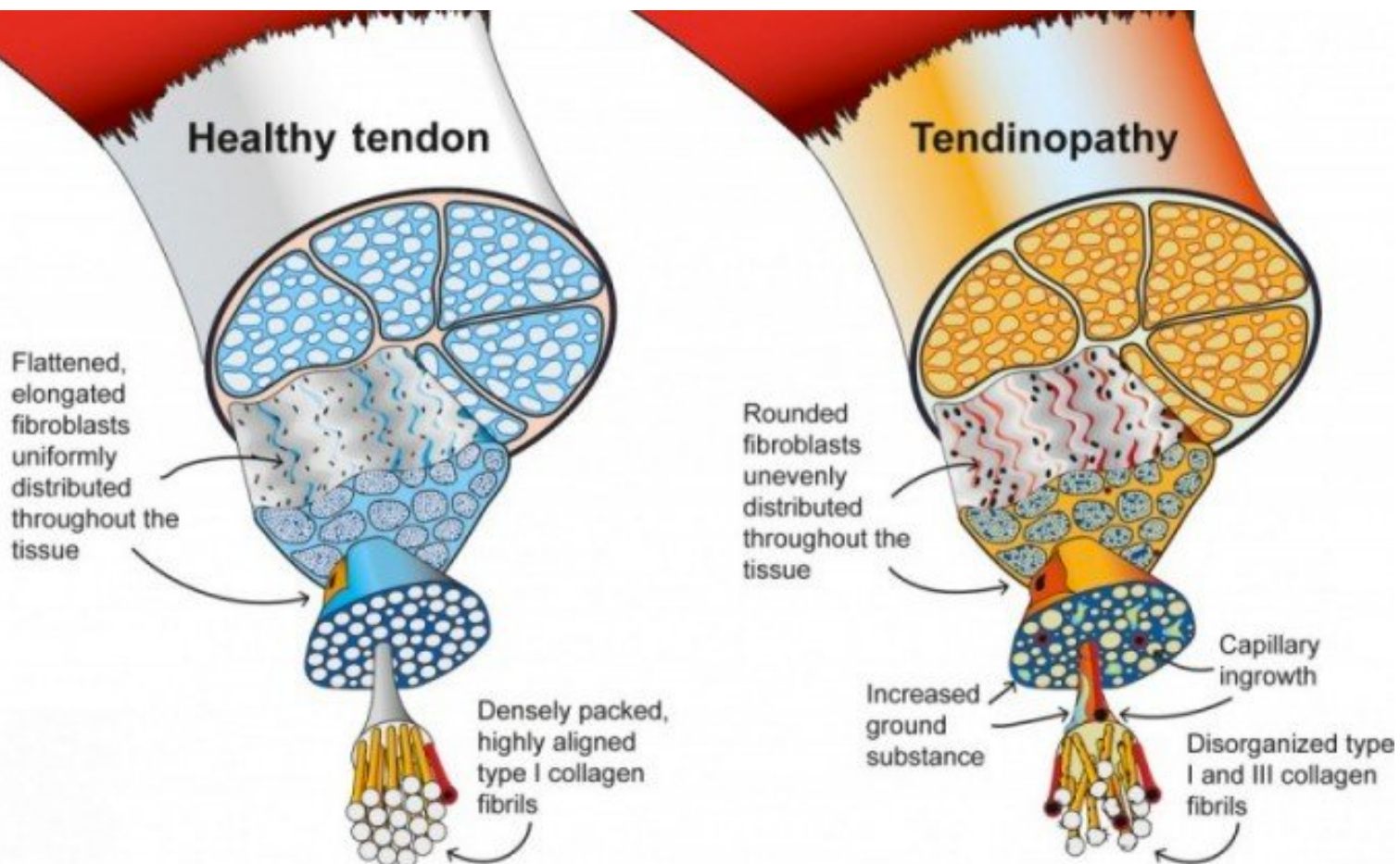
To prevent manage, and treat RCTs, metabolic components should be considered, especially BMI and waist circumference.

IMPACT OF NUTRITION ON TENDON HEALTH

OCTOBER 2023

[Click for Full Text
\(Hijlkema et al. 2022\)](#)

This systematic review evaluated the impact of nutrition on the prevention and treatment of tendinopathy.



KEY FINDINGS

19 studies included.

Outcome measures:

Prevalence/incidence of tendinopathy, a clinical outcome that captures one of the tendinopathy-related core domains as established by the ICON group.

Results:

Alcohol consumption can be a potential risk factor associated with Achilles tendinopathy and rotator cuff tears, although findings were inconsistent.

Collagen-derived peptides were most often part of the supplements evaluated.

Combining training and dietary supplements seems to induce better clinical and functional outcomes in tendinopathy.

No findings were associated with dietary habits.

MAIN TAKEAWAYS

This review demonstrates the paucity of high-quality studies and a wide variety among studies regarding nutrients, tendon location, study population, and reported outcome measures.

Individual studies showed promising clinical implications for the use of dietary supplements, particularly those containing collagen-derived peptides.

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