

# Tendinopathy Phases

Stress  
overload

## Reactive tendinopathy

Reversible, non-inflammatory cell matrix proliferation that thickens the tendon to reduce stress and increase stiffness.

Continued  
overload

## Tendon disrepair

Continued proliferation resulting in collagen separation and cell matrix disorganisation. Evidence of hyperplastic but inefficient vascularity and neural ingrowth.

Continued  
overload

## Degenerative tendinopathy

Areas of cell death resulting in progressively more irreversible disorganisation and breakdown. Mucin accumulation creates possible mucoid or myxoid degeneration where the internal tendon is replaced by a homogenous, opaque, mucoid type of tissue.

Continued  
overload

## Tendon failure

Areas of ruptured collagen fibrils merge to form intrasubstance tears that extend to the surface before finally progressing to full thickness tendon tears.

## References

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