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ICON 2019: International Scientific Tendinopathy Symposium Consensus: Clinical Terminology.

Scott A, Squier K, Alfredson H, Bahr R, Cook JL, Coombes B, de Vos RJ, Fu SN, Grimaldi A, Lewis JS, Maffulli N, Magnusson SP, Malliaras P, McAuliffe S, Oei EH, Purdam CR, Rees JD, Rio EK, Gravare Silbernagel K, Speed C, Weir A, Wolf JM, Akker-Scheek IVD, Vicenzino BT, Zwerver J

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SUMMARY:

OBJECTIVE: The aim of this consensus was to establish clinical terminology for persistent tendon pain that impairs function.

DESIGN: Two stage Delphi design

METHODS: The consensus process consisted of an online survey followed by a face-to-face meeting. In the online survey, experts in the field responded to statements prepared by the committee. The results of this survey were prepared for the face-to-face meeting in which consensus was reached on a number of clinical terminology topics.

CONSENSUS STATEMENTS:

- Tendinopathy is the preferred term for persistent tendon pain and loss of function related to mechanical loading.
- Tendon tear (partial or complete) refers to a macroscopic* discontinuity of a load-bearing tendon.
- Imaging is not always necessary for a diagnosis of tendinopathy.
- Patellar tendinopathy is the preferred term for persistent patellar tendon pain and loss of function related to mechanical loading.
- Achilles tendinopathy is the preferred term for persistent Achilles tendon pain and loss of function related to mechanical loading.
- Peroneal (fibularis) tendinopathy is the preferred term for persistent peroneal (fibularis) tendon pain and loss of function related to mechanical loading.
- Persistent tendon pain and loss of function related to mechanical loading of the medial or lateral elbow tendons should be referred to as medial or lateral elbow tendinopathy.

*Large enough to be visible without magnification.