

NATIONAL TENDINOPATHY CENTRE (UK) PROSPECTIVE CLINICAL & RESEARCH STUDY

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Background

At the 2012 Olympic legacy Institute of Sport Exercise & Health (ISEH) we aim to answer challenging sports medicine problems that as yet remain unanswered.

The ISEH's National Tendinopathy Centre (NTC) is investigating tendinopathy, including Achilles, Patellar and Supraspinatus tendinopathy, on an unprecedented scale.

Methods

Patient evaluation

Comprehensive phenotype analysis of local and systemic characteristics, including:

Detailed **clinical** assessment of lifestyle, health, tendon loading, anthropometrics, biomechanical and functional parameters.

Detailed **radiological** assessment of local tendon morphology and composition:

Conventional ultrasound

Ultrasound tissue characterization (UTC)

Tendon specific MRI sequences

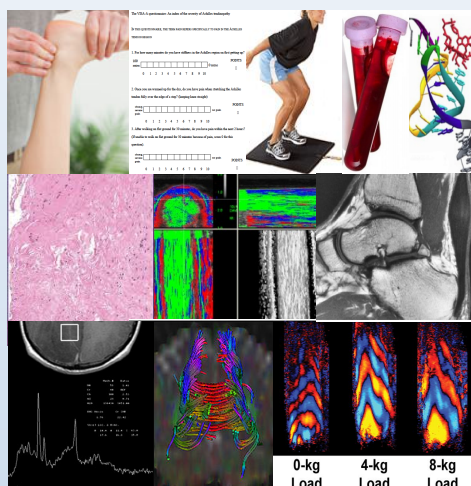
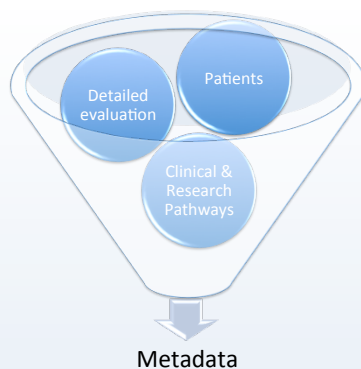
Novel MRI techniques: MR spectroscopy,

MR elastography, MR tractography

Genomic & proteomic data analysis (NIHR BioResource)

Metabolomic data including hormonal profiles

Tissue samples for **histology**



Results

With large dataset analysis, pathogenesis can be explored and prophylactic and therapeutic targets identified.

Analysis is intended to be iterative, involving patient recall for further evaluation as our studies progress and new leads come to light.

Why tendinopathy?

Tendinopathy is common, debilitating and often recurrent. The consequences can be severe and direct: lengthy periods of reduced physical activity can pose other health risks for patients; athletes can face months on the sidelines. Economic impact is significant too: medical care can be protracted and expensive, and productivity losses as a result of absence from work can amount to millions of pounds.

Aetiology and pathogenesis remain poorly understood. Thus, critically, consistently effective preventative and treatment targets and modalities remain to be identified.

Participant recruitment

New presentations and recently diagnosed cases of Achilles, Patellar and Supraspinatus tendinopathy are recruited from referrals made to the NTC and ISEH Sports Medicine clinics.

Inclusion is based on clinical diagnosis of tendinopathy confirmed on subsequent imaging.

We are recruiting large numbers of athletes and non-athletes (>1000 over 3 years) for prospective study and follow-up.

We welcome collaboration

Elite athletes are currently recruited through The English Institute of Sport.

The ISEH is collaborating with Barts Health NHS trust, using agreed guidelines & clinical pathways.

We encourage referrals from

NHS and private clinics nationally; All UK GPs, who may refer to the NTC and Sports Medicine clinics at ISEH through University College Hospital London (UCLH) on *Choose & Book*;

Professional and amateur sports clubs, particularly sports involving repetitive running, jumping, pivoting and endurance.

Contact Information

Please e-mail us to make enquires or referrals:
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