

“FLUORED” BY TENDINOPATHIES: A LITERATURE REVIEW ON THE EFFECTS OF FLUOROQUINOLONES ON TENDONS.

ABSTRACT:

Fluoroquinolones are classes of antibiotics that help stop bacterial replication. In 1983 the first case of fluoroquinolone-induced tendinopathy was documented in the literature. This information has since become common knowledge. Numerous case studies have been published on the topic, but for a long time the mechanism of this injury was unknown and unstudied. Tendinopathies range from tendonitis to complete ruptures. Few researchers have studied the mechanism of injury. Their results show that tissues suffering from fluoroquinolone-induced tendinopathies mimic repetitive trauma disorders in that they decrease cell proliferation which may decrease the tissue's ability to heal daily microtraumas. We also know that there is destruction of the extracellular matrix and decreased collagen content, which decreases the tendon's ability to store energy. This mimics the effects of immobilization. Fluoroquinolone-induced tendinopathies present with signs of swelling and discomfort around the affected tendon. Physical therapy implications to the information presented are also addressed.

KEY WORDS: Fluoroquinolone, Tendon, Literature Review