

# What Injured Workers in New York Should Know About Tenosynovitis and Tendonitis

## Repetitive Stress Injuries Can Derail a Hard-Earned Career

In the fast-paced world of New York labor, workers are expected to keep up—no matter the strain on their bodies. But for many, the [repetitive movements](#) that come with factory jobs, [construction work](#), healthcare, office typing, or public service can lead to serious overuse injuries. Two of the most common are tenosynovitis and tendonitis—both painful, often chronic conditions that affect the tendons and surrounding tissue.

These injuries may not result from a dramatic accident, but their impact on a worker's livelihood can be just as devastating. And when they stem from the demands of the job, New York workers have the right to pursue [workers' compensation benefits](#).

At [Pasternack Tilker Ziegler Walsh Stanton & Romano LLP](#), our lawyers represent injured workers across New York, including those suffering from tendon-related conditions that make it hard—or impossible—to keep working. We know how the system works, and we fight to make sure our clients receive the care and compensation they're entitled to under the law.

## What's the Difference Between Tenosynovitis and Tendonitis?

While closely related, tenosynovitis and tendonitis are two distinct conditions:

- **Tendonitis:** Inflammation of the tendon itself, which is the thick fibrous cord that attaches muscle to bone.
- **Tenosynovitis:** Inflammation of the protective sheath (synovium) that surrounds a tendon.

Both conditions can cause:

- Pain and tenderness, especially near a joint
- Swelling and redness
- Limited range of motion
- A feeling of grating or cracking (crepitus) when moving the joint

These injuries can affect many areas of the body, but they are most common in the wrists, elbows, shoulders, knees, and ankles—areas often involved in repetitive work tasks.

## Common Work-Related Causes in New York

New York's workforce encompasses a wide range of physically demanding jobs, many of which carry an increased risk of developing tendonitis or tenosynovitis over time. These injuries are typically caused by:

- **Repetitive Motion:** Constant typing, scanning, lifting, or assembly line tasks that stress the same tendons daily.
- **Awkward Posture:** Reaching overhead, working in tight spaces, or maintaining unnatural positions.
- **Overexertion:** Carrying heavy loads or pushing beyond the body's limits without adequate rest.
- **Forceful Gripping or Twisting:** Using tools, machinery, or patient-handling techniques that stress the joints.
- **Vibration Exposure:** Operating jackhammers, power drills, or other equipment that transmits vibration to the hands and arms.

Even when the root cause is the job, many workers don't realize they're dealing with an occupational injury. Because symptoms often build slowly, they may chalk the pain up to age or routine wear and tear. Unless a doctor understands what the worker does day to day — and how those physical demands strain the body — they may miss the connection to work entirely.

That's why workers suffering from these symptoms should always talk to a lawyer familiar with occupational disease claims. You may still be eligible for benefits even if your doctor never mentioned workers' comp.

### **High-Risk Occupations for Tendon Injuries**

These repetitive stress injuries are particularly common in:

- **Construction Workers:** Using power tools, working on scaffolding, and performing physical labor all day
- **Health Care Workers:** Lifting and repositioning patients, repetitive charting or typing
- **Office Employees:** Long hours of keyboard use and mouse control with poor ergonomics
- **Janitors and Custodians:** Repetitive scrubbing, mopping, and carrying heavy supplies
- **Public Transit Operators:** Gripping steering wheels or control levers for extended periods
- **Manufacturing Workers:** Repeating the same hand motions on fast-paced production lines

The nature of these jobs makes them susceptible to wear and tear that gradually inflames tendons or their sheaths.

## Can You File for Workers' Comp for Tendonitis or Tenosynovitis?

Yes — if your injury was caused or worsened by your job duties over time, you may still have a valid workers' compensation claim under New York law.

Many tendon-related injuries are occupational diseases that develop gradually, not from a single incident. Unfortunately, they're often misdiagnosed or never connected to work at all because general healthcare providers may not ask detailed questions about job tasks or may not recognize the signs of a work-related injury.

Even if your doctor never flagged it as job-related, a workers' compensation physician may come to a different conclusion based on your job description and history of symptoms. That's why it's important to speak with a workers' compensation attorney who understands these types of cases.

To pursue a successful claim, you'll need to:

1. **Report the injury promptly.** Notify your employer as soon as you experience symptoms or suspect a work connection.
2. **See an approved medical provider.** Your doctor must clearly connect your condition to your job activities.
3. **File a claim with the Workers' Compensation Board (WCB).** Include supporting documentation and medical records.
4. **Be prepared to appeal.** If your claim is denied or undervalued, an attorney can help you fight for the full benefits you're owed.

## Benefits Available to Injured Workers in New York

If approved, your workers' compensation claim may cover:

- **Medical Expenses:** Doctor visits, physical therapy, medications, injections, and surgery if needed
- **Lost Wages:** Partial wage replacement for time missed due to your injury
- **Permanent Impairment Awards:** If your condition leads to long-term limitations
- **Vocational Rehabilitation:** Training for a less physically demanding job if you can't return to your prior work

Workers' compensation does not require proving employer fault. Even if your job tasks simply wore your body down over time, you may be entitled to benefits.

## How Insurance Companies Undermine These Claims

Repetitive stress injuries are sometimes dismissed by insurers as [“pre-existing conditions”](#) or “not work-related.” They may argue that:

- Your condition developed outside of work (e.g., hobbies, sports)
- There’s no “accident” or specific event to trigger coverage
- The symptoms are minor or temporary
- You waited too long to report the problem

At Pasternack Tilker Ziegler Walsh Stanton & Romano LLP, our work injury lawyers know these tactics and how to counter them. Our attorneys build strong, medically supported cases that demonstrate how our clients’ jobs contributed to or exacerbated their conditions.

### **Don’t Let a Tendon Injury End Your Career**

Left untreated, tenosynovitis and tendonitis can lead to chronic pain and permanent damage. In some cases, the sheath or tendon can rupture entirely, requiring surgery or a career change. The emotional toll of losing physical ability, especially in a trade you’ve worked your whole life, is just as real.

Getting treatment early and securing your legal rights gives you the best chance at long-term recovery, both physically and financially.

### **How Our Firm Helps New York Workers with Overuse Injuries**

Many workers suffer in silence because they don’t realize their tendon injury might be job-related. Sometimes, their personal physician doesn’t ask about their work or assumes it’s not connected. But our legal team knows how to spot the signs of occupational disease, and we can refer clients to physicians who do, too.

We help clients avoid common pitfalls and take the right steps to protect their rights from day one. Our attorneys will:

- Help you report and document your injury properly
- Guide you toward trusted physicians who understand occupational injuries
- Handle all claim paperwork, filings, and deadlines
- Represent you in WCB hearings if your claim is denied or contested
- Fight for every dollar of wage loss, medical coverage, and permanent impairment benefit

We’ve helped thousands of New York workers with overuse injuries get back on track, even when their claim was initially dismissed or overlooked. If you suspect your job contributed to your condition, we want to hear your story.

## **Talk to a Workers' Compensation Lawyer Who Understands These Claims**

Too often, injured workers don't realize they have a claim because their doctor never asks about their job duties in detail. Many physicians simply treat the condition and bill private insurance without ever linking it to work. However, that doesn't mean you're out of options.

If your pain started on the job or got worse over time because of the work you do, you may still have a valid workers' comp case. A workers' compensation doctor who understands occupational injuries may be able to make that connection and support your claim.

The sooner you act, the stronger your claim will be. Let us handle the legal process while you focus on healing. We represent union members, city workers, healthcare professionals, and laborers across New York. Whether your symptoms just started or you're struggling to get your claim accepted, we can help.

[Contact us today](#) for a free consultation and learn how we can help protect your rights and future. We have 12 offices in New York, serve clients statewide, and offer legal representation on a contingency fee basis. That means there are no up front costs, and you pay nothing unless we win your case.