

Tendon Lining Inflammation

DNA Health Report

REPORT CATEGORY —



JOINT & TENDON
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

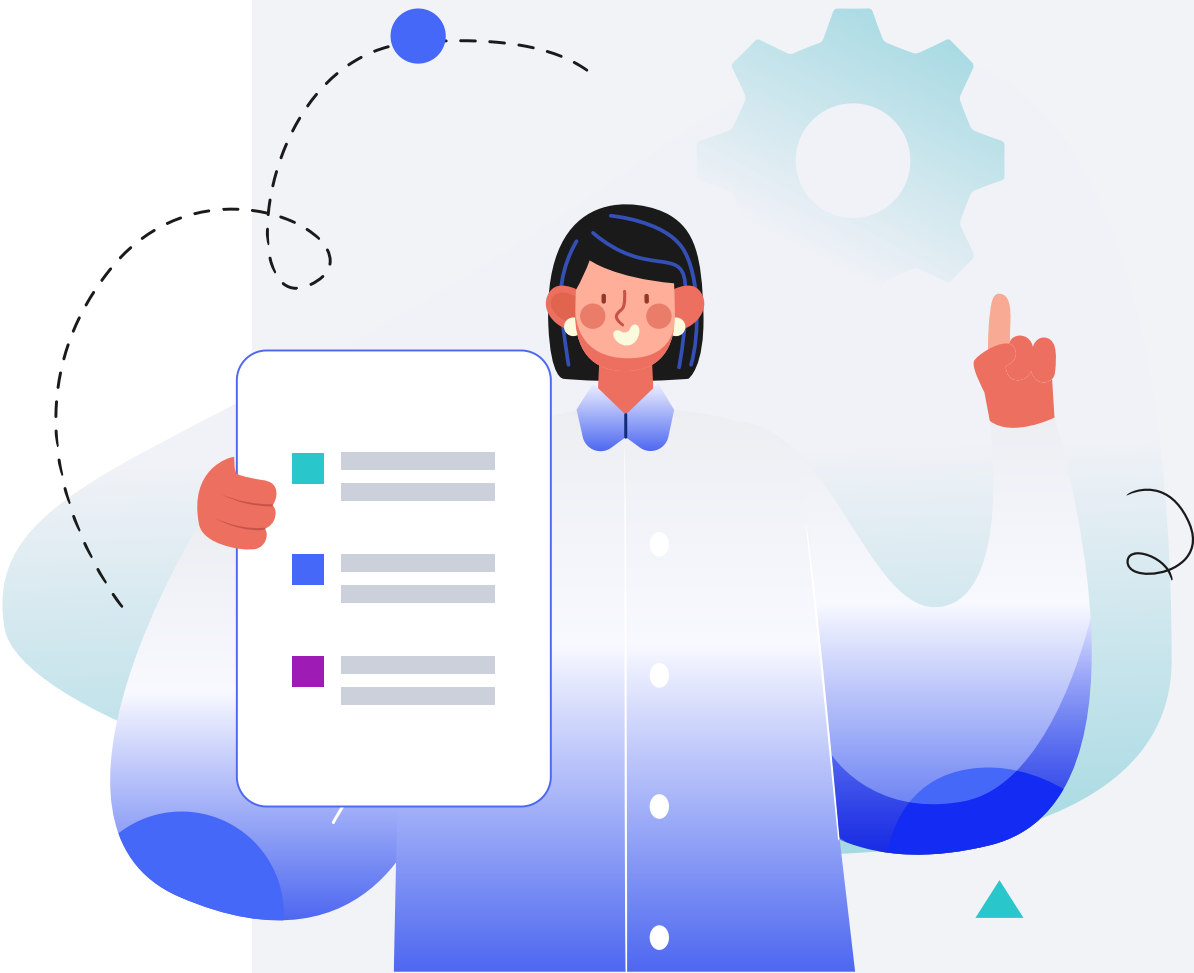
Male

HEIGHT

5ft 5" 165cm

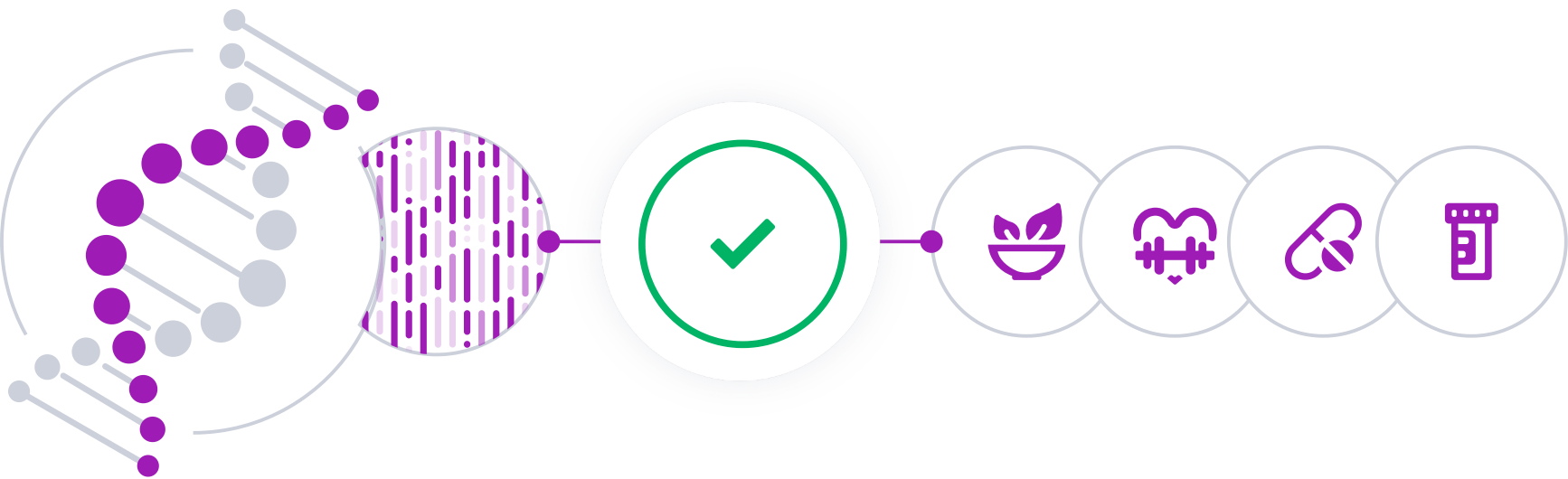
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

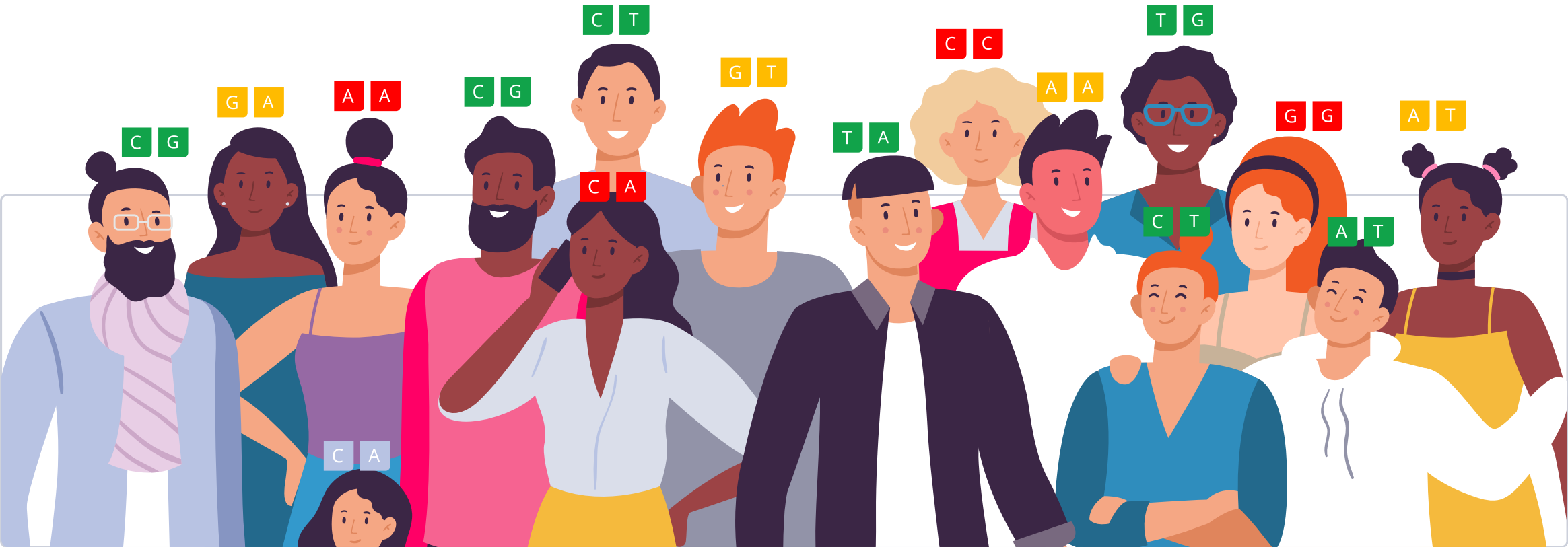


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

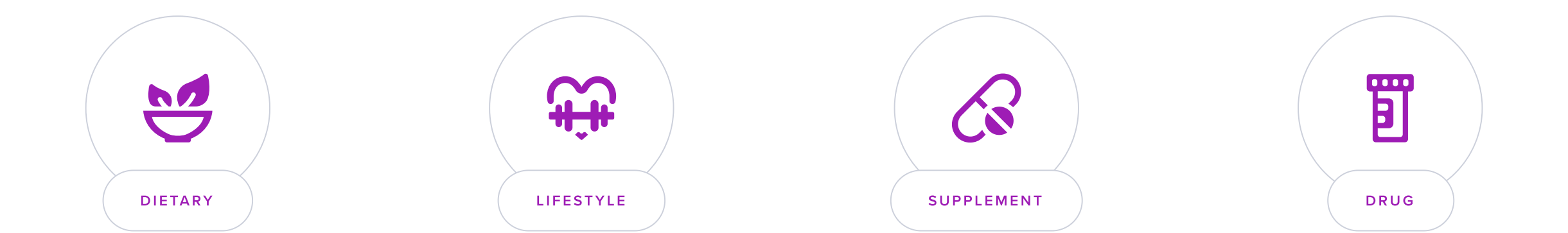
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

5 / 5

Recommendations that are considered effective and generally recommended by experts and medical bodies.

4 / 5

Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.

3 / 5

Recommendations that are considered possibly effective and have many studies supporting them

2 / 5

Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.

1 / 5

Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.

0 / 5

No evidence in humans.

Genotype-specific Evidence

High-quality

Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).

Medium-quality

Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).

Low-quality

Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).

Indirect

A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).

In theory

A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Tenosynovitis is the inflammation of the synovium, a fluid-filled sheath that surrounds a tendon. It typically causes joint pain, swelling, and stiffness. This condition can affect different parts of the body but is commonly seen in the wrists, hands, and feet.

Symptoms of tenosynovitis include:

- Swelling around the affected joint.
- Pain and tenderness, especially with movement of the joint or tendon.
- A grating feeling or creaking sound as the tendon moves (crepitus).
- Difficulty moving the affected area.

Risk Factors and Treatment

Risk factors for tenosynovitis include:

- Repetitive strain on the tendons, often related to work tasks or hobbies.
- Rheumatologic diseases like rheumatoid arthritis can predispose individuals to tenosynovitis.
- Injury or trauma to the joint.
- Strain or overuse during athletic activities.
- Genetics

The approach to managing tenosynovitis typically includes:

- Resting and immobilizing the affected joint.
- Anti-inflammatory medications to reduce pain and swelling.
- Corticosteroid injections for severe inflammation.
- Use of splints or braces to restrict movement.
- Physical therapy to strengthen surrounding muscles and tendons.
- Surgical intervention may be necessary in chronic or severe cases.

Prevention strategies involve ergonomic adjustments to reduce strain, appropriate breaks during repetitive tasks, and exercises to maintain flexibility and strength in the tendons and joints.



TYPICAL LIKELIHOOD

Typical likelihood of having tenosynovitis based on 1,673 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
TNP1	rs10203066	GG
LTBP3	rs4244811	GA
CENPK	rs2087927	GA
POLE2	rs3218791	GT
/	rs11232681	AG
FTO	rs10521304	TT
NQO1	rs3790086	GC
KLHL1	rs59988404	GG

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Whole-Body Cryotherapy	2 minutes	
2	Curcumin	500 mg	
3	Avoid Lifting Heavy Objects		
4	Omega-3 (Fish Oil)	2000 mg	
5	Topical Arnica		
6	Topical Comfrey		
7	Glucosamine + Chondroitin	500 mg	
8	Turmeric		
9	Avoid High-Impact Exercise		
10	Anti-Inflammatory Diet		

1



Whole-Body Cryotherapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Participate in whole-body cryotherapy sessions by entering a cryotherapy chamber for 2-3 minutes, where temperatures drop to between -100°C to -140°C (-148°F to -220°F). These sessions should be performed 2-3 times a week for optimal benefits.

TYPICAL STARTING DOSE

2 minutes

Description

Whole-body cryotherapy involves brief exposure to extreme cold temperatures in a controlled chamber. It is used to reduce inflammation, alleviate muscle soreness, and promote recovery in athletes and individuals seeking pain relief.

How it helps

Whole-body cryotherapy reduces inflammation and pain through exposure to extremely cold temperatures, which can help in the recovery of inflamed tendons.

2



Curcumin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a 500 mg curcumin supplement daily with food. To enhance absorption, take it with a meal that contains fats or oils since curcumin is fat-soluble.

TYPICAL STARTING DOSE
500 mg

Description

Curcumin is a compound found in turmeric known for its anti-inflammatory and antioxidant properties. It has been studied for its potential to reduce inflammation, support joint health, and contribute to overall well-being.

[Turmeric](#) is a yellow spice from India. It may reduce inflammation and [oxidative stress](#) [R].

The most important active compound in turmeric is **curcumin**. People use curcumin for [R, R, R, R, R, R]:

- Joint pain
- Hay fever
- Mood
- High blood sugar
- Gut health
- Liver health

How it helps

Curcumin, the active ingredient in turmeric, has strong anti-inflammatory properties. It can help reduce inflammation in the tendon linings, easing pain and improving function.

3



Avoid Lifting Heavy Objects

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from picking up items that require significant strain or exertion, typically defined as those weighing more than 25 pounds (11 kilograms), to avoid unnecessary pressure on your body. This restriction should be adhered to as long as your healthcare provider advises, which may be indefinitely for chronic conditions or for a specific recovery period following surgery or injury.

Description

Avoiding improper lifting techniques when handling heavy objects can help prevent back injuries and musculoskeletal strain. Practicing safe lifting methods and using proper equipment promotes spine and musculoskeletal health.

How it helps

Lifting heavy objects can strain the tendons and exacerbate inflammation. Avoiding heavy lifting helps reduce stress on the inflamed areas.

How to implement

TYPICAL STARTING DOSE

2000 mg

Description

[Omega-3 fatty acids](#) are some of the healthiest fats we can eat. They help lower inflammation and protect the heart, brain, and eyes. Our bodies produce less omega-3s than we need for optimal health, so it's important to get enough through food or supplements [[R](#), [R](#), [R](#)].

There are three major types of omega-3s: ALA, EPA, and DHA [R, R].

Fatty fish are rich in EPA and DHA. They include [\[R\]](#):

- Salmon
- Tuna
- Herring
- Sardines

For optimal protection, try to get at least **two servings of fatty fish per week**. Fish oil supplements are available for those who don't eat fish regularly [R].

How it helps

Omega-3 fatty acids have strong anti-inflammatory properties that can help reduce inflammation in the tendons and improve overall tendon health.

5



Topical Arnica

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply arnica cream or gel to the affected area 2 to 3 times daily for up to 3 weeks. Ensure the skin is clean and unbroken before application.

Description

Arnica is a natural plant-derived remedy often used topically for its potential to reduce bruising, inflammation, and muscle soreness. It can be applied to areas of the body experiencing minor injuries or trauma.

[Arnica](#) is a daisy-like flower that grows in the mountains. People use arnica creams for [\[R\]](#), [\[R\]](#):

- Muscle or joint pain
- Swelling
- Bruises

How it helps

Topical arnica is known to have anti-inflammatory properties, which can help reduce the swelling and pain associated with tendon inflammation.

6



Topical Comfrey

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Apply comfrey cream or ointment directly to the affected area 3 times a day for up to 10 days. Do not use on broken skin or ingest orally.

Description

Comfrey is a plant-derived topical application made from the comfrey plant. It is used for its potential anti-inflammatory properties and to support the healing of minor wounds, bruises, and sprains.

Please note: oral comfrey is toxic!

How it helps

Topical comfrey has been shown to reduce pain and inflammation, aiding in the healing of soft tissues like tendons.

7



Glucosamine + Chondroitin

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a combination of glucosamine and chondroitin supplement, each at a dose of 500 mg, three times a day with meals for a total daily dose of 1500 mg of each.

TYPICAL STARTING DOSE

500 mg

Description

[Glucosamine](#) and chondroitin are popular supplements for joint health. They are often available as a combination.

[Glucosamine](#) and **chondroitin are popular supplements for joint health**. They are often available as a combination [\[R, R\]](#).

People mostly use these supplements for joint pain [\[R, R\]](#).

How it helps

Glucosamine and chondroitin have been shown in studies to reduce inflammation and improve the repair of cartilage, which can help alleviate pain and inflammation in tendons.

8



Turmeric

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate 500-1000 mg of turmeric into your daily diet, either by adding ground turmeric spice to your food, such as in curries, soups, and smoothies, or by taking a dietary turmeric supplement. This should be done daily for at least 8 weeks to observe potential health benefits.

Description

Turmeric is a bright yellow spice derived from the root of the Curcuma longa plant. It contains curcumin, a potent antioxidant and anti-inflammatory compound. Turmeric is used for various health conditions, including reducing inflammation, alleviating joint pain, and supporting digestive health.

How it helps

Turmeric contains curcumin, which has strong anti-inflammatory and antioxidant effects. This can reduce inflammation and pain in the tendons.

9



Avoid High-Impact Exercise

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Opt for low-impact activities such as swimming, cycling, or walking instead of running or jumping exercises. Engage in these alternative exercises for at least 150 minutes per week, spread out over several days to ensure rest periods between sessions.

Description

For individuals with certain medical conditions or joint issues, avoiding high-impact exercise can help prevent injuries and joint strain. Choosing lower-impact activities like swimming or cycling can provide similar cardiovascular benefits while minimizing the risk of overuse injuries.

How it helps

High-impact exercises can worsen inflammation by putting extra strain on the tendons. Avoiding them can help reduce further injury and inflammation.

10



Anti-Inflammatory Diet

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate foods rich in omega-3 fatty acids, such as salmon and flaxseeds, fruits, vegetables, nuts, and whole grains into your daily meals. Avoid processed foods, red meats, and refined sugars. Aim for a balanced diet consisting mostly of plant-based foods and lean protein sources, adjusting portions sizes to meet your individual nutritional needs and health goals.

Description

An anti-inflammatory diet focuses on reducing inflammation in the body by emphasizing foods rich in anti-inflammatory compounds, such as fruits, vegetables, fatty fish, nuts, and seeds, while minimizing processed foods and those high in added sugars and trans fats.

Anti-inflammatory diets use healthy foods to reduce inflammation. These diets are generally high in [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Colorful fruits and vegetables
- Nuts and seeds
- Fish
- Olive oil
- Tea

They also tend to restrict [\[R\]](#), [\[R\]](#):

- Processed food
- Sugar and refined carbs
- Red meat

The [Mediterranean diet](#) and the DASH diet are good examples of anti-inflammatory diets [\[R\]](#), [\[R\]](#).

How it helps

An anti-inflammatory diet includes foods that reduce inflammation in the body. This can help alleviate symptoms of tendon lining inflammation by reducing overall inflammation.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.