

# BEATING TENDINITIS With Physical Therapy

## ALSO INSIDE:

March Virtual Workshop • Exercise Essentials • Patient Success Spotlight





## BEATING TENDINITIS With Physical Therapy

Are you experiencing a dull ache when you reach and pick things up? Do you have tenderness in the knee going up and down the stairs? You may be experiencing pain associated with tendinitis. The good news is that at TherapyWorks, we are experts at alleviating pain and getting you back to doing the things you love!

Your tendon is a flexible but tough band of fibrous connective tissue that connects your muscles to your bones. Tendons are designed to withstand tension and generate forces that allow us to perform basic daily activities and advanced sports performance tasks. When a tendon is injured or not functioning correctly, it can lead to pain and a loss of function.

Call TherapyWorks today to schedule an appointment with one of our highly trained physical therapists. We will help ensure that you always know exactly what your body needs to feel at its best.

### WHAT IS TENDINITIS?

Tendinitis is a widespread term used to describe the pain and inflammation of a tendon. Recent evidence suggests little, or no inflammation is present in these conditions. As a result, the term more commonly used in medical communities is tendonopathy.

Tendonopathy is a broad term encompassing painful conditions occurring in and around tendons in response to overuse.

The classic presentation pain at the site of the affected tendon, often due to inactivity. The pain may be present at the beginning of an activity and then disappear during the activity itself, only to reappear when cooling down.

During the early stages, the pain is often sharp and sometimes severe. When it is present for months, it tends to be described as a dull ache. Pain associated with tendonopathy can impact everyday activities, making it exceedingly difficult to remain active.

*Continued inside.*

# BEATING TENDINITIS WITH PHYSICAL THERAPY

*Continued from previous page.*

Simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head can be incredibly painful and challenging. Working with a physical therapist is the best way to address tendinopathy pain early on to reduce the severity of your pain without turning to pain medications.

## HOW PHYSICAL THERAPY CAN HELP TENDINITIS

Working with a physical therapist is especially important for a successful conclusion to your tendinopathy. Our physical therapists will help identify potential issues that may increase your risk for injury. We will use this information to assess the severity of and best treatment options for those injuries.

One of the biggest mistakes you can make after injuring your tendon is resting it. Stopping all activity is counterproductive and may even make us susceptible to more injury.

Our physical therapy assessment includes:

- Checking for muscle atrophy, asymmetry, and swelling
- The area of injury
- Stage of the tendinopathy (i.e., acute or chronic)
- Activity status of the person (i.e., sedentary, active, competitive athlete)
- Contributing issues throughout the rest of the injured limb and body as a whole
- Other medical problems that may be contributing or occurring at the same time

This information allows your therapists to develop a comprehensive program to alleviate pain and restore function.

## WHAT TO EXPECT IN PHYSICAL THERAPY

Our therapists will design rehabilitation programs that focus on the most effective treatment strategy (i.e., appropriate and progressive loading). To achieve success, your therapist will teach you how to progress without causing an exacerbation of the pain.

Here are the areas to avoid when trying to resolve an injured or irritated tendon:

- Avoid fast movements (i.e., running, jumping, throwing, etc.)
- Avoid compressive activities of the tendon (i.e., when the tendon is pushed up against the bone like deep end range movements)
- Avoid repetitive movements (i.e., long walks, using a mouse)

The best way to resolve your tendinopathy is to strengthen it by progressively loading the tendon as it recovers.

Here are the types of loading in order of priority regarding tendon health:

- 1. Isometrics.** Isometric is a type of strength training in which the joint angle and muscle length do not change during contraction.
- 2. Eccentric movements.** An eccentric contraction is a contraction that lengthens the muscle while under load.
- 3. Concentric movements.** A concentric exercise is a contraction that shortens a muscle. This means taking the tendon through the full range of motion under tension.
- 4. Dynamic movements.** This means deliberately challenging the tendon with all the conditions it may face, including fast and repetitive motions. This would include sports and fitness classes.

Optimal tendon health includes recovering from an injury, prevention of injury, and sports/fitness performance enhancement. If the muscle is not getting progressively stronger, then the tendon is more susceptible to damage.

**Working with our physical therapists at TherapyWorks, we will teach you the most effective treatment methods for tendinitis and strength-building activities to eliminate developing tendinitis in the future!**

**CALL TODAY TO SCHEDULE AN APPOINTMENT!**

**Are You in Pain?  
Have You Suffered an Injury?  
Come Back to PT!**

- 1** Keep up with your physiotherapy exercises to relieve pain and prevent further injuries.
- 2** If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
- 3** Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.



**Call Today (785) 367-3395**

[www.therapyworkskansas.com](http://www.therapyworkskansas.com)

# Exercise Essentials

# Patient Success Spotlight



## IT BAND - STRETCH - SIDELIYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next, let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds. *This exercise helps relieve knee and hip pain.*



*"I came in for postpartum related issues. My range of motion was very low. I had severe pain walking, standing, squatting down, getting up off the floor. After just 4 visits my range of motion improve and the pain was a lot better...very happy with my experience." – Kassie*

## MARCH VIRTUAL WORKSHOP



## SHOULDER PAIN

With Cynthia "Cindy" Johnson, M.S., MCMT  
March 10th at 6:30 pm and March 24 at 6:30 pm

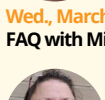
Scan the QR code or call us today to register for this free workshop.



## FACEBOOK LIVE INTERVIEW EVENTS



**Wed., March 2nd at 4:30 pm** Topic: Knee Pain & Injury with Mark Hurley, PTA



**Wed., March 16th at 4:30 pm** Topic: Headache FAQ with Michael Van Nice, PTA



**Wed., March 30th at 4:30 pm**  
Topic: Physical Therapy for Neurological Conditions with Dana Gifford, PTA



Checkout our Facebook page for more details  
[www.facebook.com/TherapyWorksKS/](http://www.facebook.com/TherapyWorksKS/)



## GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Scan the QR code to go to our Google Review page.