

NEWSLETTER

July 2022

AGILITY
PHYSICAL THERAPY
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HOW PHYSICAL THERAPY CAN HELP TENDINITIS

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 Agility Physical Therapy & Sports Medicine, 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 Agility Physical Therapy & Sports Medicine 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 tendinopathy.

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 tendinopathy can impact everyday activities, making it exceedingly difficult to remain active.

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.

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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.

Contact us today

Working with our physical therapists at Agility Physical Therapy & Sports Medicine, 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!

Sources:

- <https://www.jospt.org/doi/10.2519/jospt.2015.0110>
- <https://bjsm.bmj.com/content/47/9/536>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2505250/>
- https://www.physio-pedia.com/Tendinopathy_Rehabilitation

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**START OFF THE SEASON RIGHT BY
SCHEDULING A FREE 20 MINUTE
TELEHEALTH APPOINTMENT**

Offer valid for the first 25 people to schedule. Expires 07-31-22

Community Collection

This quarter we are collecting back to school supplies for local Venice schools. All donations can be delivered to either Agility location for the months of July, August, and September. Any supplies for students, teachers, and classrooms is greatly appreciated!

Patient Success Spotlight

"Tori, just wanted to thank you for the great treatment you have given me, you are very good at what you do. You also have a special way of making me feel like I'm part of the "family!" I have learned from you and will try to keep up with my exercises. Thanks again for all your help" - Mary O.

Patriotic Popsicles

- 1 cup greek yogurt (substitute coconut milk, coconut cream, or coconut yogurt)
- 1/2 cup blueberries
- 1 cup strawberries
- honey, agave, or other sweetener (optional)
- popsicle molds (substitute small cups with flat bottoms)
- popsicle stick



Instructions: Make your white stars by making white, star-shaped "ice cubes" out of the greek yogurt (To avoid mess, use a syringe to easily fill the compartments). Meanwhile, make a puree with blueberries, adding optional sweetener if desired. Add a white star to the bottom of a flat bottomed popsicle mold or small cups with a flat bottom. Immediately cover them with your blueberry puree and freeze again. Once frozen, add a layer of yogurt or coconut. Place the popsicle stick into the yogurt layer. I used some aluminum foil to hold the stick up, and then placed them into the freezer to freeze the stick in place. Puree the strawberries. When the yogurt layer is frozen, cover it with a layer of strawberry puree and freeze again. Follow the process with one more layer of yogurt and one more layer of strawberry puree. When ready to serve, ease the popsicles out gently by warming the sides of your cups with warm water while you gently pull on the stick.



Tori Bolyard, PTA

Tori graduated with a Physical Therapist Assistant degree in 2017 and started working for Agility in January of 2018. She fell in love with the field when she became a student assistant to the athletic trainer while attending Venice High School. She had a love for soccer, played for over 10 years and has helped coach the high school girls team at Venice High School. Tori is a Venice native and a mom of two beautiful daughters.

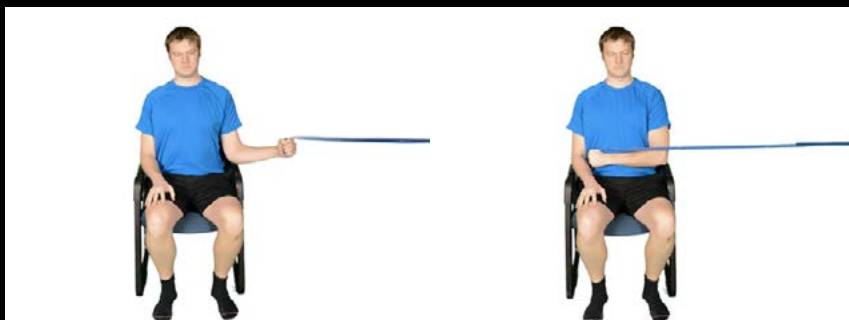
TENDONITIS RELIEF TIPS

- **Always warm-up:** Tendons handle stress best when warm.
- **Strength training:** Loading the tendon with weight training keeps it strong and capable of handling
- **Keep your joints mobile:** Restrictions in the joint range of motion can put abnormal forces through the tendon that lead to injury
- **Go to pain, not through pain:** your limits and resolve aches and pains when they are small—ignoring the pain and pushing through leads to a higher risk of pain and injury.
- **Cross-train:** Participating in various sports and activities keeps tendons healthy and resilient.

Exercise Essentials

Internal Band Pull

Sit with good posture with a band tied to something stable next to you. Keeping your elbow by your side and at a 90 degree angle pull the band across your body. Repeat 10 times on each arm.



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