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The 2023 Chicago Marathon is on Sunday, October 8

Have You Started Training?



How Physical Therapy Helps Tendinitis
Story Inside

INSIDE:

- Come Back to PT
- Trivia Challenge — ENTER AND WIN!

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IGNORING TENDINITIS COULD COST YOU DEARLY



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 ARC Physical Therapy, 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.

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.

Tendinopathy 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.

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.

Continued inside.



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Continued from previous page.

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 ARC Physical Therapy, we will teach you the most effective treatment methods for tendinitis and strength-building activities to eliminate developing tendinitis in the future!

Don't Let Tendinitis Sideline You!

Call Today To Schedule An Appointment!



MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. Levi Strauss and Jacob Davis invented blue jeans in May of what year?
2. In May of 1856, what type of martial art started its own world championship??
3. What store opened its doors on May 1, 1962?
4. The Empire State Building opened on May 1; of what year?
5. Which award ceremony took place for the first time on May 4, 1959?
6. What was the occupation of James Puckle who patented the world's first machine gun on May 15, 1718?
7. What internationally famous Movie series is celebrated each year on May 4th?
8. Then called Swift Walkers, what type of outdoor toy was first introduced in NYC in May 1819?



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**RUNNING A MARATHON OR AROUND THE BLOCK —
YOU COULD BENEFIT FROM A**

RUNNING ANALYSIS



As a runner, it is common for injuries to occur. But they don't have to. It is important to make sure you are always being as safe as possible. One way to achieve this is by having a running analysis performed by one of our specially trained physical therapists.

The analysis will start with a review of your medical history, your running history and personal goals. Then you will undergo a series of functional tests to evaluate your strength, flexibility and balance. The final part is a gait analysis to look at your running form. Your running specialist will then develop a personalized exercise program to address the deficits that were identified.

**If you are a seasoned runner or want to start running,
call ARC today for your personal running analysis**

EXERCISE OF THE MONTH

POWER KNEE DRIVES

Start by standing up straight. Place one hand on top of the other and raise your arms up over your head. Brace your abdominals and drive your right knee up and across your body, simultaneously bringing your arms down at your knee so they meet near your mid-section. Quickly raise your arms back up and tap your toes to the floor before immediately going into your next repetition.



Check out our YouTube channel for more exercise you can do at home. Click on Videos under the Health Tips tab on our website or scan the QR code to visit our YouTube Channel.

The Physical Therapists at ARC can develop an exercise plan designed to help you reach your goals.

Call today for your appointment!

PATIENT SPOTLIGHT



"Sarah is an exceptional therapist! I feel 1 million times better than I did when I walked in."

- Eileen S. actual 5 star Google review.



Stay In Touch!

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COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered **yes** to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.



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