



## Relieve Tendinitis This Summer



**COME BACK TO PHYSICAL THERAPY**

We can help you reach your goals. Scan the QR code to the left with your smartphone camera and get started today!





## How Physical Therapy Helps 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 Boulet 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.***

Call Boulet Physical Therapy 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.

**START YOUR RECOVERY  
JOURNEY TODAY!**

Call today or scan the QR code below to schedule an appointment.



**337.223.4622**

# What is tendinitis?

**CALL 337.223.4622 TODAY!**

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 is 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.

## 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.

## MOST COMMON AREAS AFFECTED:

- Patellar tendon at the knee
- Achilles tendon at the ankle
- Tennis elbow - outside of the elbow
- Rotator cuff tendonitis at the shoulder
- Outside of the hip - often called bursitis

## 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:
- Isometrics. Isometric is a type of strength training in which the joint angle and muscle length do not change during contraction.
- Eccentric movements. An eccentric contraction is a contraction that lengthens the muscle while under load.
- 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.
- 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.

## CONTACT US FOR AN APPOINTMENT

Working with our physical therapists at Boulet Physical Therapy, 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](https://www.physio-pedia.com/Tendinopathy_Rehabilitation)



COME BACK TO PHYSICAL THERAPY. **CALL 337.223.4622 TODAY!**

# Patient Success



*"This was a great experience. The staff is super friendly, attentive, and informative. They are efficient and on time with appointments which I appreciate." — Paula G.*

## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

*By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.*

*Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!*

[BOULETPTANDWELLNESS.COM](http://BOULETPTANDWELLNESS.COM)

## Exercise of the Month



### KNEE EXTENSION AROM

Start by sitting up straight on the edge of a table with your legs hanging off. Slowly extend one knee all the way until your leg is straight without letting your back round. Then, allow your knee to bend back down. Repeat with your other leg. Continue alternating as directed by your physical therapist. Perform 3 sets of 10 reps.



*Don't hesitate to give us a call with any questions or concerns that come up when you try out this exercise.*

## SPREAD THE LOVE!

*Would you take a moment to share your Boulet PT experience on our Google Review page? We make it easy: just scan this QR code with your phone's camera.*



## How Laser Therapy Can Help You Recover

*If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, laser therapy may be an ideal choice for you. When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area. If you have been searching for relief and recovery options, contact our physical therapy office today.*

# CALL BOULET TODAY



[BOULETPTANDWELLNESS.COM](http://BOULETPTANDWELLNESS.COM)

# 337.223.4622