

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

POWERED BY



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action."

HOW PHYSICAL THERAPY HELPS TENDINITIS

SCHEDULE AN APPOINTMENT TODAY



INSIDE:

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PHYSICAL THERAPY CAN RELIEVE PAIN & INFLAMMATION OF THE TENDON



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 FYZICAL, 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 FYZICAL 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 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:

(continued inside)

HOW PHYSICAL THERAPY CAN HELP TENDINITIS

(continued from outside)

- 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.

Contact us for an appointment

Working with our physical therapists at FYZICAL, 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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MEET OUR STAFF TROY TIGGES

Troy Tigges, Physical Therapist PT, DPT

Hello, I am a graduate of Des Moines University in Iowa and a recent transplant to New Mexico. My fiancée is an Athletic Trainer and works with the military at Fort Bliss. We are excited to experience the southwest. A fun fact about me is that I think anything over 65 degrees outside is warm (Remember, I am from the Midwest). I am an avid exerciser and enjoy lifting weights. My physical therapy motto is: "An active body is a happy body." My favorite quote is from Will Ferrell, "Everybody love everybody."



HEALTHY RECIPE: SWEET POTATO & BLACK BEAN CHILI

INGREDIENTS

- 1 tbsp plus 2 tsp extra-virgin olive oil
- 1 medium-large sweet potato, peeled and diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 4 tsp ground cumin
- ½ tsp ground chipotle chile
- ¼ tsp salt



- 2½ cups water
- 2 15-oz cans black beans, rinsed
- 1 14-oz can diced tomatoes
- 4 tsp lime juice
- ½ cup chopped fresh cilantro

DIRECTIONS

Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often for 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook for 10-12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer for 5 minutes. Remove from heat and stir in cilantro.

<https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/>

PATIENT SUCCESS SPOTLIGHT



I could feel the muscle release immediately!

"I showed up for shoulder pain. I got better with one session of Extracorporeal Shockwave Therapy. I could feel the muscle release immediately! I would give Isabela a raise! Thank you so much!!" — J.C.

NATIONAL ATHLETIC TRAINING MONTH

Supporting Athletic Trainers in Honor of National Athletic Training Month. Learn about the role of an athletic trainer and how National Athletic Training Month plays a part.

Athletic trainers (ATs) are highly trained, multi-skilled healthcare professionals who provide emergency and non-emergency care for athletes that have experienced injuries from sports and physical activity. Certified Athletic Trainers handle issues such as injury prevention, assessment, treatment, and rehabilitation. You can find most athletic trainers in educational institutes such as colleges and universities, while others work in hospitals, fitness centers, or professional sports teams.

National Athletic Training Month

National Athletic Training Month is held every March with the purpose of spreading awareness about the significance of athletic trainers. The National Athletic Trainers' Association (NATA) established this program to encourage and support the healthcare profession of athletic training in institutions, and organizations.



BUILT FOR THIS

GET BACK TO WORK & BACK IN THE GAME!



OccuSport is a team of Athletic Trainers, Physical Therapists, and Occupational Therapists that specialize in injury recovery and medical teamwork and are charged with offering an international renowned system of injury care and prevention.

We utilize a sports medicine model adapted from professional sports to help injured employees and athletes return to work and sport.

Guided by technology, we also drive communication and access by telehealth which allows you to connect with OccuSport any time or day of the week from anywhere in the country!

Let us become your dedicated care providers from prevention and evaluation to care! **Call 575-216-5222 today to schedule a visit!**



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2. Center the QR code above in the frame (this will take you directly to our Google Review page)
3. Explore our website!



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