



**FYZICAL**<sup>®</sup>  
Therapy & Balance Centers

# NEWSLETTER

## Preventing Repetitive Stress Injuries Around The Holidays



*Schedule your appointment today by scanning the QR code or by visiting us online at [fyzicalutah.com](https://fyzicalutah.com) or call the clinic closest to you.*

**[fyzicalutah.com](https://fyzicalutah.com)**



# NEWSLETTER

## Preventing Repetitive Stress Injuries Around The Holidays

Have your hands been bothering you lately? Do they feel stiff and sore when you're trying to accomplish daily tasks? Are you experiencing shooting, stabbing pains in them at times? None of this sounds fun to go through, especially with the holidays right around the corner.

Having healthy, functioning hands is important if you want to get through the holidays without a hitch! You're busy wrapping gifts, hanging decorations, and baking yummy goodies for family and friends. It's also worth mentioning that the weather is a bit chillier than normal, so any pain you might be experiencing in your hands can be made worse by the temperature drop!

If you're experiencing pain in your hands, the skilled hand and occupational therapists at Fyzical Therapy & Balance Centers can help you to return to functioning independently in time for you to enjoy this holiday season with your loved ones. **Give us a call today to set up an appointment!**

### Common Repetitive Stress Injuries

Repetitive stress injuries are fairly common in patients, especially those that we see around this time of year! Two conditions that Fyzical Therapy & Balance Centers treats often are tendonitis and De Quervain tendinopathy.

#### Tendonitis

Tendons are bands of durable collagen fibers; their role is to connect muscles to bones and help facilitate proper anatomical movement and support. The suffix "-itis" is a telltale clue that tendonitis is primarily an issue of inflammation!

When something stresses or overloads the tendons, small microtears in the tend fibers can occur, leading to tissue damage, inflammation, and pain, and related symptoms.

Tendonitis can affect tendons all over the body, but when it occurs in the hand or elbow, basic daily tasks like writing, grooming, and even opening doors and jars can become challenging.

This painful condition is common among people who perform a lot of repetitive movements with their hands. They may lift, move, or manipulate objects too frequently or too quickly, or may lift objects which are too heavy relative to their general physical capacity.

#### Symptoms of Tendonitis

The symptoms of tendonitis are fairly easy to spot. Common symptoms in an area of the elbow or hand affected by tendonitis include:

- Swelling
- Pain with movement or when the affected area is at rest
- Tenderness
- Decreased ability to grip items
- Decreased ability to lift, move, turn, or manipulate objects
- Feeling/sound of popping and clicking (common with tendonitis of the fingers and hands)



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# HOW CAN A HAND THERAPIST HELP ME TO FEEL BETTER?

Treatment for tendonitis can be surgical or conservative (non-operative). Surgical intervention might be recommended for severe symptoms lasting six months or longer. Surgery involves an incision to open up the first compartment tunnel to restore smooth gliding of the thumb tendons.

***The good news is that most patients do not need surgery and can be successfully treated conservatively!***

A hand therapist can provide conservative treatment for tendonitis. Your Fyzical Therapy & Balance Centers therapist can help you to figure out which of your daily activities aggravate the symptoms and help with activity modification.

Rest, ice, splinting, and elevation may be used to treat this condition as well as guided exercises to strengthen the hand and protect against future injury.

## Call Us Today For Help

You deserve to enjoy the holidays with the ones you care about without worrying about pain in your hands. The skilled occupational and hand therapists at our clinic are here to ensure that your dream can be a reality for you. So what are you waiting for? **Give us a call today and let us help you enjoy this season to the fullest!**



## Refer A Friend



## Do You Have Friends Or Family Unable To Do The Following?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active and healthy life

**Have Them Call Us Today!  
They will thank you, and so will we!**

## Healthy Recipe

### Vegan Peanut Butter Cookies

- 1 cup creamy natural peanut butter
- 1/2 cup maple syrup, or honey
- 1 teaspoon vanilla
- 1 cup almond flour
- flaked sea salt for topping



Preheat oven to 350 degrees F and line a baking sheet with parchment paper. Add peanut butter, maple syrup and vanilla into a mixing bowl. Once combined, add in almond flour and stir until incorporated. Use a medium cookie scoop to scoop dough onto prepared baking sheet. Alternatively, you can scoop dough with a spoon and roll it into a ball. Flatten each dough ball with a fork, making a crisscross pattern and sprinkle a little flaked sea salt on top of each cookie, if using. Bake in a preheated oven for about 12 minutes or until cookies begin to brown. Remove from oven, allow cookies to cool on a wire rack and enjoy.

## Tips To Prevent Holiday Stress



**Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

**Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

### *Try these alternatives:*

- Donate to a charity in someone's name.
- Give homemade gifts.

**Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

**For more information on how physical therapy can help you reduce stress, give us a call today!**

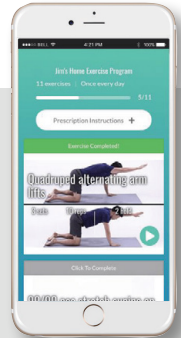
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## Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. **Reach out to us or visit our website at [fyzical.com/utah](http://fyzical.com/utah) to learn more about this program.**



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



## Has Your Pain Come Back?

*Come back in for physical therapy!*

**Provo Address:**  
3303 North  
University Avenue  
Provo, Utah 84604  
(801) 373-7438

**Lehi Address:**  
3401 North Center  
Street Suite #200  
Lehi, Utah 84043  
(385) 309-1951

**Orem Address:**  
360 South State  
Street #C110  
Orem, Utah 84058  
(801)-850-9146

**Ogden Address:**  
1221 E 5800 S  
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84405  
(801) 476-2000

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6717 S. 900 E.  
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Midvale, Utah  
(801) 649-4690



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