

Our team has been vaccinated against COVID-19!




WWW.TAYLOR-REHAB.COM

How Physical Therapy Helps Tendinitis



INSIDE

How Physical Therapy Can Help Tendinitis
Staff Spotlight
FREE Workshops



A physical therapist, a woman wearing a white shirt and a face mask, is assisting a male patient, who is wearing a green polo shirt and a black face mask. They are in a clinical setting with a treatment table. The therapist is holding a blue resistance band around the patient's hand and wrist, demonstrating an exercise. The patient is sitting on the table, looking at the therapist's hands.

How Physical Therapy Helps 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.

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.

How Physical Therapy Can Help

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:

Continued Inside



Continued From Outside

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 Taylor Rehab, 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!

Refer a Friend!

Who do you know that needs our help? We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives. Consider sending them to our website or invite them to come with you to therapy so they can witness the magic happen!

Our purpose at Taylor Rehab Physical Therapy is to leave a greater impact on the community around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our community.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!



Another 5 Star Review!



"Everyone was very knowledgeable and very kind. I have come a long way since I started. I highly recommend Mel, Jessica, Casey and Jackson. All were very patient with me. I would come only here if I need to again. Thank you for all you have done" - Margo S.

Upcoming Free Workshops



Free Back Pain Workshop

Saturday, September 10th
10:00am

167 Gateway Blvd. Mooresville, NC 28117

Greatest Promotion Ever

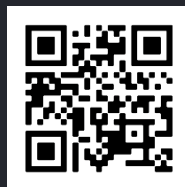
Tuesday, September 27th
Day of Free Screenings

Call in and sign up for a 30 minute 1-on-1 visit with a physical therapist

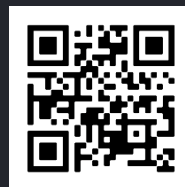
167 Gateway Blvd. Mooresville, NC 28117



Help us help more people in our community by leaving a Google Review



Gateway



Morrison

Call To Reserve Your Spot!

Gateway
(704) 610-4189

Mooresville
(704) 318-4071

Service Spotlight: Blood Flow Restriction Training (BFR)

The compression devices used during blood flow restriction treatments are similar to blood pressure cuffs. The pressure created by these compression devices is high enough to occlude blood flow at 50-80% within the affected muscles.

Blood flow restriction is based on a popular theory that the treatments lead to a "local hypoxic event," meaning the tissues in the affected area will be temporarily deprived of oxygen. While this may sound intimidating, the local hypoxia actually helps in accumulating more metabolites, in order to regulate the body's anabolic response system (also known as the way in which the body gains muscle protein) during exercise. Essentially, restricting the blood flow in the affected area helps to build more muscle protein.

Will Blood Flow Restriction Benefit Me?

At your initial appointment, one of our Mooresville, NC physical therapists will conduct a physical evaluation, analysis of medical history, and discussion of symptoms, in order to determine if blood flow restriction will be the best course of treatment for you.

Blood flow restriction has been known to treat almost any upper or lower body injury, and it can also be used as a form of rehabilitation following surgery. The compression device itself measures the amount of pressure that is recommended for the affected area, in order for the patient to successfully execute each targeted exercise and gain the desired effects.

When performing the exercises, the intended goal of blood flow restriction is to tire out the affected area, in order to stimulate the body's natural healing and tissue-building processes. After treatment, muscle soreness may occur for the next day or two, and "limb fatigue" may occur for 20-30 minutes but should disappear shortly.

www.taylor-rehab.com



Staff Spotlight



Lauren Griffin,
PT, DPT, ATC

Lauren joined the Taylor Rehab team in June of 2022. She graduated with a Doctorate in Physical Therapy from the University of North Florida after completing her Bachelor's Degree in Athletic Training at Florida Gulf Coast University. Lauren discovered her passion for physical therapy after a sports related knee injury that required 9 months of PT. Prior to joining Taylor Rehab, Lauren worked as a PT/ATC at West Virginia University where she treated a variety of elite athletes with a heavy focus on soccer athletes. She is Dry Needling certified.

Lauren moved to the North Carolina area during the summer of 2022 and is originally from Florida.

Follow Us On Facebook!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!



Pictured in the image to the left: Taylor Rehab celebrating Mr. Griffiths' graduation day!



facebook.com/TaylorRehabPT