



AUGUST 2022

NEWSLETTER

YOUR RESOURCE FOR A HEALTHY LIFESTYLE

HOW PHYSICAL THERAPY HELPS TENDINITIS



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GRAND ISLAND
716.202.2405

WEST SENEGA
716.202.2916

KENMORE
716.427.0278

WHEATFIELD
716.427.0323

BUFFALO
716.202.8046



SOLVE TENDINITIS WITH PHYSICAL THERAPY

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 Trilogy 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 Trilogy 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.

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 tendonopathy.

Tendonopathy 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 tendonopathy 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 tendonopathy pain early on to reduce the severity of your pain without turning to pain medications.

Call one of our convenient locations TODAY to schedule your return appointment!

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 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 PT

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.

Prevent tendinitis from getting worse:

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

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

HEALTHY RECIPE:

GRILLED VEGETABLES

INGREDIENTS:

- 2 portabello mushrooms
- 1 eggplant
- 1 zucchini
- 1 yellow squash
- 1 onion
- 1 bunch thick asparagus
- 1 red bell pepper
- 2 tbsp extra virgin olive oil



- 1 tbsp kosher salt
- 1 tbsp freshly ground black pepper

DIRECTIONS: Prepare the grill with clean grates and preheat 350°F. Slice the veggies. Drizzle the vegetables with olive oil and sprinkle evenly with salt and pepper. Grill the vegetables with the lid closed until tender and lightly charred all over, between 5 and 10 min.

FREE TENDONITIS SCREENING

Schedule your FREE tendonitis screening by calling a clinic nearest you today! Don't miss out on this opportunity to tackle the pain keeping you from doing what you love. Spots are limited so call today!



Visit us online at mytrilogy.org to learn how we can help you find relief.

PATIENT SUCCESS STORY

"My fitness journey was a crash course in taking charge of my health with a specific goal in mind - fitting into my wedding dress (I coined it operation zip-up). As a child, I was active through dance, but college and my pharmacy residency led me to a more sedentary lifestyle filled with fast food. My weight crept up and confidence diminished. When I picked up my wedding dress and it did not zip, I knew an immediate change was needed. My dad had joined the MOG after he retired and raved about the friendly staff and individualized workout plans and suggested I sign up; as I had nothing but weight to lose, I joined. I signed up for membership and took a circuit training class with Micaela on my very first day and loved it! I used a combination of circuit training and a personalized workout plan to learn how to work out.

Prior to joining the MOG, I felt incredibly uncomfortable in gyms as I was unfamiliar with the equipment and didn't know what exercises to perform. In addition to working out at the MOG, I also bought a desk bike that enabled me to get in extra cardio exercise at home and joined Weight Watchers to help with diet accountability. Something that really stood out to me was even when my work schedule got incredibly busy, I was able to adapt the exercises Micaela gave me and challenged myself to keep up with workouts at my apartment. All my hard work paid off and on April 30th my mom zipped up my wedding dress with tears in her eyes. My wedding day was a dream come true and it was made even more special knowing the strength and confidence I gained." — Christina



PTMOGTrilogy



PT_MOG_Triology

"Not failure, but low aim, is the crime. In great attempts it is glorious even to fail."
— Bruce Lee



SERVICE SPOTLIGHT

MEDICALLY ORIENTED GYM

Medical fitness is a service we are happy to provide at Trilogy Physical Therapy and the Medically Oriented Gym, in order to help patients improve their physical function.

As stated by the Medical Fitness Association, "Medically integrated health and fitness centers are defining the future of professionally administered programs and services to an aging population, and are improving outcomes for clients/patients with chronic diseases and multiple risk factors."

If you are living with a condition that is limiting your function, it is likely that these treatment methods will benefit you.

To learn more about these services and how they can help you live a more comfortable and active life, don't hesitate to contact us today!

WE NEED YOUR HELP!

Would you mind taking a few minutes to share your Trilogy experience with the community? Center the QR code of your Trilogy location in the frame of your smart phone's camera to visit our Google Review page and share your success story.

Your 5-star review helps us to change more people's lives! THANK YOU for your support!

GRAND ISLAND



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