



FINDING NATURAL RELIEF FOR
TENDINITIS & SPORTS INJURIES

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SCAN ME



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Dealing With Tendinitis



Athletes are naturally at an increased risk for experiencing injuries. This is not as a result of any particular health issue that athletes typically have in common. Instead, it is a simple exposure equation. The more frequently you push yourself to try new things, to engage in physical activity, or to push yourself to reach a new goal, the more you are going to increase your risk for potential injury. On more days than not, the injury won't happen, but

as every athlete knows, it only takes one bad day — one day when fatigue throws off your form just enough to cause your gait to be off, for you to feel a little distracted and not realize an obstacle is coming up, or just a fluke of a moment in which something goes wrong and you go down. What makes matters worse is the fact that many athletes attempt to push past the pain of their initial injuries, which often leads to those injuries becoming more severe.

Working with a physical therapist is especially important for athletes for this reason. A physical therapist can help identify potential issues with posture or form that may increase your risk for injury, help identify potential injuries as they develop, and assess the severity of and best treatment options for those injuries as soon as possible, so you always know exactly what your body needs to feel at its best.



Understanding Tendinitis

While there are some sports injuries that happen after a bad day, there are others that develop over time. Tendinitis is an incredibly common issue that causes pain to develop in the joints. This can impact the hips, knees, elbows or shoulders. Pain caused by tendinitis can impact everyday activities, making it exceedingly difficult to remain comfortable day to day or to remain active.

Tendinitis can make simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head incredibly painful and challenging. Unfortunately, when tendinitis develops, it often sticks around. This means that pain that begins as frustrating and seemingly minor can quickly become chronic and incredibly painful. Working with a physical therapist is the best way to address tendinitis pain early on, to improve range of motion and reduce the severity of your pain without having to turn to pain medications.

What Is Tendinitis?

Tendinitis is a common issue among athletes because it develops as a result of overuse. While the average person may engage in standard physical tasks such as walking or typing, an athlete takes that repetitive behavior to a new level. Consider a tennis player, for example. In addition to running and jumping, a skilled tennis player will spend hours every week swinging the racket, and this could result in added wear and tear on the elbows and wrists, not to mention the shoulders.

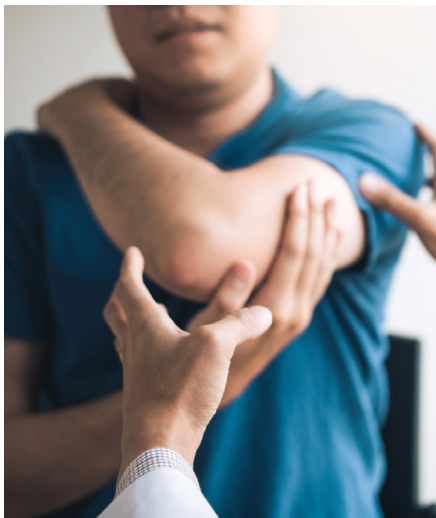
Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move more freely by letting bones stretch apart or move in one direction or another. Tendinitis occurs when the tendons become inflamed. Swelling in the tendons can make movement painful and difficult.

Typically, when pain is caused as a result of tendinitis, the pain is isolated at the noted areas of the body. This means that a tennis player may experience tendinitis in the elbow or shoulder, whereas a runner may be more likely to experience it in the Achilles tendon. In fact, this is why tendinitis in the elbow is frequently referred to as tennis elbow, while Achilles tendinitis is sometimes referred to as runner's ankles or runner's heels.

Treating Tendinitis

The best treatment for tendinitis is time. Unfortunately, this is something that many people are unable to give to an injury. When tendinitis develops, the best thing to do is to use ice and to relax that part of the body. Taking a few days off of practice or away from your workout may be sufficient, but in other cases, this may require a few days in a wheelchair or on crutches, with the bulk of your weight off of the affected area.

Working with a physical therapist can help you identify the best treatment methods for tendinitis. Your physical therapist can also help you identify the best range of motion and strength-building activities to reduce your likelihood of developing tendinitis. For more information about preventing or treating pain from tendinitis, contact us.



If you think you may have tendinitis, please see our website for additional information on your condition by scanning the QR code or by visiting www.TherapyWestPT.com



We're Keeping Your Health In Mind!

Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.

During these difficult times, physical therapy is considered essential and at Therapy West Physical Therapy & Sports Medicine we are offering methods of treatment for patients recovering from COVID-19. To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!

Patient Success Spotlight

"My life has changed for the better since coming here for physical therapy! My injury was preventing me from doing all of the things that I love, and coming here for physical therapy helped me be able to continue doing those things I love! Every experience I have had here has been amazing! Matt is so good at what he does. He makes therapy so fun and positive! I'm so grateful for the experience I've had here and I am able to do what I love because of coming here! It's the best place with the best people!"

Katelyn B.



Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
435.528.7575

Ephraim
435.283.6334

Mount Pleasant
435.462.0178

Richfield
435.896.4282

Bicknell
435.425.3719



Tips For Planting A Potted Herb Garden

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Therapy West Physical Therapy & Sports Medicine, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

1. Discover what herbs will work best for you. Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

2. Make sure you have enough room for each herb to grow and thrive. A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano



3. Make sure your herb garden is in the right light. For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

Looking for more spring activities?

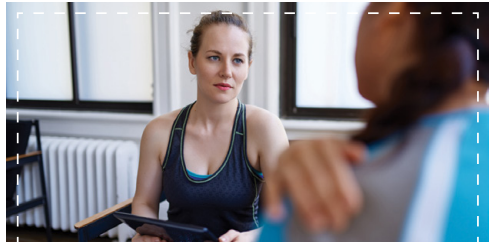
For more tips, don't hesitate to contact Therapy West Physical Therapy & Sports Medicine today! We can help you enjoy a fun and safe spring.

Exercise of the Month Wrist Flexor Stretch



Hold your arm out straight, with your wrist extended and your fingers pointing upward. Use the other hand to pull wrist further, feeling for a stretch. Hold for 5-10 seconds, keeping your elbow straight. Repeat as needed.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Redeem Your Free Consultation

Therapy West Physical Therapy & Sports Medicine offers complimentary screenings! If you've been dealing with pain, don't wait any longer! Spots are limited so call today to schedule your free consultation!

Offer Expires: 5/31/21