



NEWSLETTER

GAIN RELIEF FROM TENDINITIS

OUR SERVICES

THERAPEUTIC EXERCISE

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GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE MOBILIZATION /

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NEWSLETTER

DEALING WITH TENDINITIS WHILE BEING ACTIVE



INSIDE:

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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.

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACES AND PAINS!**

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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.**

Call us today to schedule an appointment (907) 562-2118.



Stuffed Mushrooms

INGREDIENTS

- 1 1/2 lb baby mushrooms
- 2 Tbsp butter
- 2 cloves garlic, minced
- 1/4 c breadcrumbs
- Kosher salt

INSTRUCTIONS

Preheat oven to 400°. Grease a baking sheet with cooking spray. Remove stems from mushrooms and roughly chop stems. Place mushroom caps on a baking sheet. In a medium skillet over medium heat, melt butter. Add chopped mushrooms stems and cook about 5 minutes until most of the moisture is out. Add garlic and cook until fragrant for 1 minute then add breadcrumbs and let toast slightly for 3 minutes. Season with salt and pepper. Remove from heat and let cool slightly. In a large bowl mix together mushroom stem mixture, Parmesan, cream cheese, parsley, and thyme. Season with salt and pepper. Fill mushroom caps with filling and sprinkle with more Parmesan. Bake until mushrooms are soft and the tops are golden for 20 minutes. Garnish with parsley to serve.

delish.com/cooking/recipe-ideas/a20089643/easy-stuffed-mushroom-recipe

CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

Patient Success Spotlight



"It's crazy how much your body can change with consistent exercising and stretching."

"Before I came to physical therapy, I had a lot of back and shoulder pain. It's crazy how much your body can change with consistent exercising and stretching. I really surprised myself discovering how much my body can move and flex. Although I'm going to miss coming here, I'm glad I can say I no longer feel pain." - Ashley O.

Relieve Pain In Minutes

Try this movement to find relief from daily aches and pains.

Strengthens Shoulders



ARM FLAT

Lay flat on your stomach with your arms at your side. Lift your chest and your arms off the floor then slowly move your arms to a "T". Repeat 10 times.



Do You Have Friends Or Family That Can't:

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

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!

Staff Spotlights

Stephen Donnellon, PT

Stephen Donnellon grew up in a military family and spent most of his childhood moving around. He spent some time as a travel PT and brings 25 years of experience to Wise Physical Therapy. Stephen says, "The wonderful people, hospitality and natural beauty are what brought me to Alaska." He is excited to become a part of the community and looks forward to visiting the theatre and watching musicals.



Brandee Johnson, PTA

Brandee Johnson is proud of her Native American heritage. Her experience in the health industry includes being a massage therapist, emergency medical technician, and physical therapy assistant. She recently moved to Anchorage from Nebraska and is excited for all the activities Alaska has to offer. You can find Brandee hiking, camping or skiing on her days off.



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