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NEWSLETTER

Your Resource for Health, Wellness, and Caring for Your Body

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HOW PHYSICAL THERAPY CAN HELP YOUR TENDINITIS PAIN

PHYSICAL THERAPY CAN HELP YOU FIND RELIEF >>

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULT**

Details Inside >

**1-1 EXAMINATION
& PERSONALIZED
TREATMENT PLAN**



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INSIDE:

Get Back To Pain-Free Movement! • Service Spotlight • Staff Spotlight • Success Spotlight • Special Offer!

MISPELLED MANIA:

CALL IN & YOU COULD WIN A \$25 GIFT CARD TO SUPPORT A LOCAL BUSINESS AND A FREE BACK ON TRAC SESSION!



How Physical Therapy Can Help *Your Tendinitis Pain*

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 First Choice 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 First Choice 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 tendinopathy.

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 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.

**Call Today and Schedule
Your Next Visit!**

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Get Back To Pain-Free Movement!



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.

What to expect in physical therapy

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:

- 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.

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SERVICE SPOTLIGHT: AQUATIC THERAPY

Are you fed up with your pain or weakness? Is it becoming increasingly difficult to walk, bend, and stand? Is doing housekeeping or running errands around town becoming more difficult? Have you tried everything to tackle these issues and come up with a solution that doesn't work? If you answered yes to any or all of these questions, water therapy might be a good fit for you!

Aquatic therapy is a type of aquatic physical therapy and aquatic occupational therapy treatment that takes place in water, generally in an in-clinic pool. It has soothing properties that can benefit you if you are seeking relaxation and pain relief. Two of the most common conditions that aquatic therapists are experts at treating are back pain and balance issues.

You might be wondering, "What makes aquatic therapy so special? It's just water!" The truth is that this kind of therapy maximizes the magical properties of water, such as buoyancy, viscosity, and hydrostatic pressure. Water reduces the amount of weight you're bearing on your joints and spine as you exercise. It also provides



resistance and decreases inflammation, and improves circulation.

Our talented staff is skilled, licensed therapists that will focus your total body exercise program to reduce your pain. Our aquatic therapy program will improve your endurance, muscle strength, and balance.

Our aquatic therapists are experts when it comes to improving your movement and easing your pain. If you're dealing with any kind of chronic pain condition, call our clinic to set up an appointment. There are so many different ways a therapist can help you find the relief you deserve, so come on in -- the water's fine!

STOP LIVING WITH PAIN! CALL 775-254-8647 OR VISIT FIRSTCHOICEPTNV.COM

WHAT OUR PATIENTS SAY

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 First Choice Physical Therapy, 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!

Get Back To PT & Get Back To Feeling Great! Give Us A Call Today!

775-254-8647

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STAFF SPOTLIGHT: MATT TURLEY PT, DPT



Dr. Turley has clinical experience in orthopedics, acute care, and neurologic physical therapy including the treatment of chronic low back pain, lower-extremity amputation, total joint replacements, vestibular disorders, stroke, TBI, shoulder injuries, and other orthopedic conditions with certifications in dry needling.

Dr. Turley grew up in a farming community in Northern Utah where he came to enjoy the small-town life of hunting, camping, and spending time outside with those he loves. He received degrees from Utah Valley University and the University of Utah and continues to enjoy learning about ways to reduce pain and improve function, and is constantly in awe at the capacities of the human body. He recently moved his family to Nevada to provide improved access for those seeking physical therapy services.

"I took my daughter in for shin splints a few weeks before the end of the season and Dallan was very knowledgeable and worked with her very well and tried all kinds of methods that helped her be able to heal enough to continue running through the rest of the season. He was very outgoing and made us feel comfortable and was great to work with.

All of the staff there seemed so nice and friendly. I would definitely recommend First Choice Physical Therapy! Thank you for helping my daughter with her injury to get through her last track season of high school. You guys are amazing!"

— Donald W.



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REDEEM THIS COUPON FOR A

**FREE DOCTOR OF PHYSICAL
THERAPY CONSULTATION**

For the first 10 people to call!



\$100 VALUE. CALL TODAY!

Contact the office closest to you to schedule!