

PHYSICAL THERAPY & INJURY SPECIALISTS



Staying Active for WORK. SPORT. LIFE.

FEBRUARY 2019



Greetings!

Moving into February, the heart always gets all the spotlight. We thought we would shake things up and give the tendons some much needed attention. Keep reading for info on tendonopathy as well as other interesting stuff.

Tendonitis vs Tendinopathy



Tendonitis and tendinopathy are not the same and this is important to note because treatment is not the same either.

Overview

The tough, flexible bands of fibrous tissue throughout the body that attach muscles to bones are tendons. In sports, they can easily become irritated or inflamed from the stress of repeated movements, or an acute injury such as a missed step or impacts from falls and collisions.

What Is Tendonitis?

Tendonitis (also spelled tendinitis) refers to an inflammation of the tendons because it is irritated and inflamed. Tendonitis can cause deep, nagging pain that limits easy, comfortable movements.

The most common cause of tendonitis is an acute injury that forces a tendon to stretch beyond its normal range of motion and causes pain, swelling, and inflammation.

What Is Tendinopathy?

Tendinopathy is used to describe many tendon injuries, such as tennis elbow, golfer's elbow, Achilles tendon injuries, etc. Experts now recognize that typical tendon injuries are more often caused by long-term overuse that results in a deterioration of the tendon without any associated inflammation.

To read rest of the article, [click here.](#)

Phit Pickle: My Phitness Phail



Hi friends. Since we are talking tendons this month, I felt strongly about telling my story of tendonitis. Most of you know that I like to be Phit. I walk my dog everyday, I go to the gym on a regular basis, and I hike a lot. I feel that I am pretty good shape for my age. That's when I was surprised.

At one of the sculpting classes at the gym, I was working with some 5 lbs weights. The instructor of the class said that we should get heavier weights for the next part set of exercises. I thought myself that my 5 lb-ers were pretty heavy for me already but the instructor was adamant that we swap for heavier weights. Against my better judgement, I swapped out my weights for 8 lbs. That may not seem like a lot to some of you but geez, how strong do you think we pickles are?! So I start do the exercises with the 8 lb-ers and within minutes I know it was a mistake. I finished the class and went home. To read the entire article, [click here.](#)

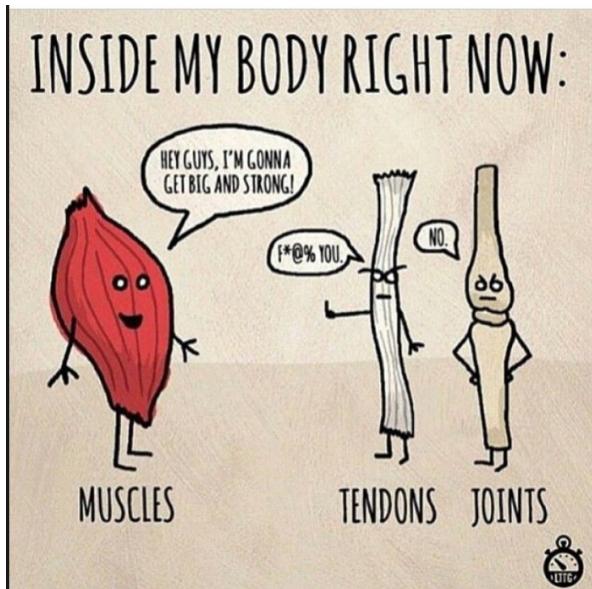
TENNIS ELBOW (aka tendonitis aka Lateral Epicondylitis)

Tennis elbow (aka tendonitis aka Lateral Epicondylitis) is a swelling of the tendons that causes pain in the elbow and arm. The tendons in question are bands of tough tissue that connect the muscles of your lower arm to the



bone. And despite the name, you can get tennis elbow even if you've never played tennis! Tendonitis is caused by any repetitive gripping activities, especially if they use the thumb and first two fingers. Tendonitis is the most common reason that people see their doctors for elbow pain. It can pop up in people of any age, but it's most common at about age 40. To read more, [click here.](#)

QUOTE OF THE MONTH



CLINIC NEWS



Staff Birthdays This Month

February 12 - Pauline Kemper

PHIT IN THE KITCHEN - Lentil Soup



Whether you're looking to lighten up your meals or warm up with a steaming bowl of soup, this healthy lentil soup recipe is for you!

[Click here to try me.](#)

PHITNESS CALENDAR

TAI CHI CLASS

Tai Chi class is returning to Pearl Street! Heather Lee will be teaching the class on Mondays from 11:00-12:00. \$15 per person per class. Sign up early to ensure you get your spot!

INDIVIDUAL TRX INSTRUCTION

If you would feel more comfortable with a one-on-one session, just let us know.
We can do that!

FMS EVALUATIONS

The FMS (Functional Movement Screen) looks at fundamental movements, motor control within movements, and a competence of basic movement patterns.

Its job is to determine movement deficiency and uncover asymmetry.

SOMETHING GOOD -

There's about to be a new baby two-toed sloth in the Denver Zoo



Example of baby
sloth

OUR KEEPERS AND VETS HAVE BEEN HARD AT WORK TO ENSURE A SMOOTH ARRIVAL FOR BABY RUTH'S SIBLING

By Stacy Johnson, Zookeeper

By now you've probably heard the news that Baby Ruth, our almost-one-year-old Linne's two-toed sloth, is getting a baby brother or sister! Now we're sharing an inside look at how our animal care and veterinary medical teams work tirelessly-and verrrry-patiently to bring sloth babies into the world. Read on to learn how we trained Charlotte to participate in exams and ultrasounds, and what we're doing to get the sloths and their habitat ready for baby #2. To read the rest of the article, [click here](#).

MESSAGE FROM GAIL, BEV AND BOB

We appreciate your support and business throughout the last 20+ years. We hope to keep helping you stay active for all your **WORK. SPORT. PLAY.** for another 20+ years.

Sincerely,

Gail Molloy, Beverly Parrott & Robert Letendre
and all the staff at Physical Therapy & Injury Specialists

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Physical Therapy & Injury Specialists

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