



**APRIL 2022**



**ACUPUNCTURE**

- Conditions We Treat:
- Pain & Trigger Points
- Headaches
- Insomnia
- Inflammation/Pain

# DON'T LET TENDON PAIN *Slow You Down!*

*Pictured above, from left: Dr James Cassell, PT, DPT, Michael (Patient of the Month), and Eric Faatz, ATC*

*"I went to ProClinix for physical therapy after an ACL reconstructive surgery. I am beyond impressed with the care I received and am well on my way to returning to sports. James and Eric took a measured approach to my recovery and were a crucial component in building back stability, mobility, and strength in my knee. They are able to push you in ways that are necessary to make a full recovery. If you are on the fence as to where you should receive your care, I highly recommend ProClinix in Armonk!" — Michael*

## **ALSO INSIDE**

**Kick Tendon Pain To The Curb! • Let's Talk About Blood Flow Restriction • ProClinix + Velocity Coming SOON to Larchmont**



**PROCLINIX**  
SPORTS PHYSICAL THERAPY  
CHIROPRACTIC

**NEWSLETTER**

APRIL 2022



**DON'T LET TENDON PAIN**

*Slow You Down!*

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 ProClinix, 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 ProClinix today to schedule an appointment with one of our highly trained specialists. 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 ProClinix 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.

**ARE YOU LETTING YOUR PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!**

# KICK TENDON PAIN TO THE CURB!

Our comprehensive 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.
- 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 experts at ProClinix, 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!

**COMING SOON TO LARCHMONT**  
**@ 1385 BOSTON POST ROAD**  
**LATE SPRING 2022**



## REHAB & WELLNESS

### ProClinix Physical Therapy Services:

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## JOIN US ON YOUTUBE!

Check out our Youtube channel to stay up to date with what's going on at ProClinix! We include videos covering topics such as exercises, meet the experts, patient testimonials and more!

**Scan the QR Code at right to be directed to our page! Start of 2022 by taking control of your life!**



*Scan to visit our page!*

# LET'S TALK ABOUT BLOOD FLOW RESTRICTION



Blood Flow Restriction (BFR): How it is used in the Physical Therapy Clinic & its Astounding Results By Eric Faatz, ATC. Also known as BFR, the method consists of placing a cuff around the most proximal portion of an upper or lower extremity while the cuff applies a controlled specific amount of pressure to the limb.

The pressure cuff restricts the blood flow to the muscles that are associated with the limb but allows the blood flow returning from the extremity to stay at a normal rate. The restriction of blood flow to the extremity allows the muscles to become fatigued quickly which helps elicit a strength response much faster than with traditional exercise.

Since muscle tissue becomes tired much faster during BFR training, the individual exercising does not have to use heavy weights to achieve an increase in strength and muscle growth. Using lighter weights during exercise allows them to be safer initially for post-operative patients, such as ACL reconstructions, biceps tendon reconstruction, Achilles tendon repair and many other operations.

Blood flow restriction training does not only benefit post-surgical patients but can be an addition to an individual's fitness/exercise program. In a study by the International Journal of Sports Physiology and Performance by Cook, Kilduff, and Beaven 2014,\* a group of trained athletes integrated BFR protocols into their weightlifting sessions three times per week for three weeks.

When compared to an equal number of athletes performing the same weightlifting program but without the BFR integration, the BFR group showed greater improvement in squat strength, maximum top speed and power output, and increased tolerance to stress from exercise. When applied appropriately by a licensed exercise professional, BFR can become an amazing tool to use during athlete performance training."

**TO CONTINUE READING ABOUT HOW BLOOD FLOW RESTRICTION COULD HELP YOU. SCAN THE QR CODE AT RIGHT!**



**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**

Scan the QR Code to request an appointment and start your journey towards your best self!



**WHATEVER YOUR  
NEEDS, PROCLINIX  
CAN HELP!**

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