



# Physical Therapy

## NEWSLETTER

**APRIL MADNESS!**  
Find the correct number  
of umbrellas & **WIN!**



Call our office with  
the correct number  
of umbrellas and be  
entered to win a

**FREE Body  
Composition  
Analysis!**

*A \$50 value!*



# STAY IN THE GAME!

## DEALING WITH TENDINITIS

**Leave Your Pain Behind**  
Understanding & Treating  
Tendinitis Pain

**Exercise Essentials**  
Stay in shape while  
staying at home!

**Feeling Stir-Crazy?**  
7 COVID-friendly travel tips for  
this Spring & Summer



# Physical Therapy

## NEWSLETTER



## STAY IN THE GAME!

### 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.

Schedule your consultation with physical therapist today by calling **773.541.2020!**

Learn more by visiting our website at [LoopPT.com](http://LoopPT.com)

# UNDERSTANDING & TREATING TENDINITIS PAIN



## 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.



**For more information about how to avoid or recover from a sports injury, call us today at 773.541.2020 or visit us at [LoopPT.com](http://LoopPT.com)!**

## WHAT PATIENTS ARE SAYING!

*"I started coming to Loop Physical Therapy about four months ago due to a serious loss of range of motion in my neck—concerning at just 31 years old. I can say without hyperbole that the level of attention and care that I consistently receive from all of the staff surpasses that of even my own friendly, small-town family doctors growing up.*

*A more fitting review to leave for LPT would be to say that what began as standard visits to a therapist to (hopefully) fix my neck are now the highlight of my week! I work primarily with Gökçe and her ability to tune into the changing needs of my body from session to session and dial in exactly what treatment modality will work best is remarkable. Again, I find myself constantly thinking "wow this exercise really is perfect for my \_\_\_ issue today" with barely even needing to put into words what's bothering me.*

*I've stopped using my local gym during COVID and instead stick to just cycling, so I can also say without hyperbole that on the days when we focus on strength training. Do you struggle with connecting the dots and making the obvious right choices? Even when it's all laid out right in front of you? YOU'RE IN LUCK! Here's all you need to understand: If you're living in pain or feeling limited by your own body for whatever reason, you will be doing yourself an immeasurable favor by making the choice to schedule an appointment with LPT. — Jared Kimball*

## NO REFERRAL? NO PROBLEM!



Save time



Save money



Improve your health naturally

**Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!**



LOOP PHYSICAL  
THERAPY CENTERS



Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling!

# COVID-FRIENDLY TRAVEL TIPS

- 1. Vaccinate before your trip, if possible.** If vaccines are readily available for your demographic and you are able to receive one, it is important to vaccinate as soon as you can. Vaccinations will significantly decrease your likelihood of contracting the virus and potentially spreading it to others, especially while you are on vacation. Additionally, the knowledge that you have received the vaccine will bring you some peace of mind when enjoying your spring break activities!
- 2. Opt for a closer destination, if possible.** It is no secret that airports still pose a COVID risk, especially if you are traveling with children. If you are able to drive to your vacation destination that would be ideal, in order to avoid coming in contact with large crowds of people. Plus, there are always scenic places to visit right in our backyards!
- 3. Take advantage of COVID-friendly activities, especially outdoor excursions.** Did you know that Vitamin D helps to boost the immune system? A spring break trip is the perfect time to get out and enjoy the sunlight, while also gaining the health benefits! Outdoor activities are a great way to enjoy yourself during your vacation, while also being able to safely distance yourself from others and lower your risk of contracting the virus.
- 4. Pack the essentials - including your mask!** Be sure to ask what toiletries and other products are provided before packing your bags. Additionally, make sure to keep extra masks on you in case someone in your family misplaces theirs. The Centers for Disease Control and Prevention still recommend wearing a mask when going out in public areas. Masks work to keep not only you, but others safe as well by stopping the spread of germs. Get out and have fun while you're on vacation but remember to always bring your mask with you!

# SUPPLEMENT SPOTLIGHT



**185x ENHANCED ABSORPTION**

**Zade Vital Curcumin (Turmeric) Forte offers 185-fold increased bioavailability with its special Micelle Structure**

- ✓ Zade Vital Curcumin Turmeric Forte capsules are produced using a special encapsulation technology called Micelle Structure.\*
- ✓ Micelles are vesicles of phospholipid structure, which exhibit similarity to cell membranes in terms of structure and content. Owing to this feature, they penetrate easily into the cell.
- ✓ 185-fold increased bioavailability.\*
- ✓ The use of micellar technology to increase absorption is highly important for products with low bioavailability in particular.\*

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

# EXERCISES TO DO AT HOME!



**Side lying Shoulder External Rotation**

1. Begin lying on your side with a towel roll between your arm and side, and your elbow bent to 90 degrees.
2. Slowly rotate your forearm with your thumb leading and your fist clenched. Pause briefly, then return to the starting position and repeat.
3. Make sure to keep your elbow bent and tucked in at your side as you lift your forearm. Avoid shrugging your shoulders, core tight, and focus on your scapula moving to your spine, not your arm doing the movement.

## Seated Wall Angels

1. Begin sitting with your back against a wall, and your arms out to the side with your elbows bent to 90 degrees.
2. Slowly straighten your arms sliding them upward, then lower them back down to the starting position, and repeat.
3. Make sure to keep your back and arms in contact with the wall, and do not shrug your shoulders or arch your lower back during the exercise. Only raise your arms as far as you can without causing pain.



## Shoulder mobilization with lacrosse ball

1. Begin in a standing upright position in front of a wall, holding a small, firm ball. Place the ball between your upper shoulder muscles and the wall.
2. Slowly roll your upper back side to side, then up and down on the ball until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.
3. Make sure to use just enough pressure that you feel a stretch, and bearable pain.

# Spring Special!

# FREE

15-minute pain screening for Tendonitis during the entire month of April!

Monday, Wednesday, and Friday @ West Loop Office  
T & Th @ Edgewater Office

Call to schedule your appointment today! Hurry, offer expires 4/30/2021!

Learn more by visiting our website at [LoopPT.com](http://LoopPT.com) or schedule your consultation today by calling 773.541.2020!



# LOOP PHYSICAL THERAPY CENTERS

Call Us! 773.541.2020 • Visit Us! [LoopPT.com](http://LoopPT.com)



## **LOOP LOCATION**

19 S LASALLE ST STE 503  
CHICAGO, IL 60603

## **WEST LOOP LOCATION**

16 N PEORIA ST  
CHICAGO, IL 60607

## **EDGEWATER LOCATION**

5315 N SHERIDAN RD  
CHICAGO, IL 60640



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