

ISR Physical Therapy Newsletter



A SUMMER CAUTION

JUNE, 2009

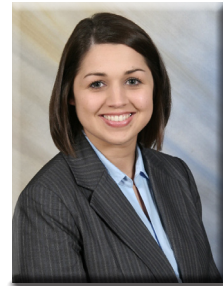
After a season of relative inactivity, many people are lured by warmer temperatures to indulge their passion for playing tennis or joining a softball league. While this is all well and good, summer athletes should temper their enthusiasm by slowly accustoming their muscles and tendons to the rigors of their favorite sports. Hitting a tennis ball and throwing a softball are strenuous and repetitive movements that place a lot of stress on tendons, which are the tissues that connect muscle to bone. Prolonged stress can lead to tendonitis, or inflammation of the tendon. Symptoms usually include tenderness and pain at the site. Rest is vital to helping tendonitis heal, which is why prevention is so important.

Physical therapy for tendonitis includes range of motion exercises and splinting (thumb, forearms, bands). If you or a family member needs physical therapy, please call ISR Physical Therapy. We can determine if physical therapy can help you recover from recent surgery, walking or balance problems, back or neck pain and joint stiffness, loss of movement and weakness. Our services include sports injury care, post surgical rehab, back and neck care, worksite analysis to assist injured employees in returning to work and technical analysis of impairment.

*One way to prevent the onset of tendonitis is to vary your activities.



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"No Excuses, Just Results!"



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