

# Professional Physical Therapy

VOLUME 3 ISSUE 3

## How to Avoid Overtraining

With the changing of the seasons comes the start of fall sports, which is accompanied by aggressive conditioning. However, often all of this conditioning can actually lead to overtraining. Overtraining occurs when the body is fatigued from exercise and isn't able to recover properly. For the kids playing multiple sports, this can be more common because they have multiple practices, a higher volume of exercise, and even less time for recovery.

### Warning signs

- Loss of endurance
- Fatigue
- Loss of appetite or nausea
- Trouble sleeping
- Loss of motivation
- Weight loss

### So how do you combat against overtraining?

- The best solution is prevention. Plan now and make sure you or your athletes have enough recovery time
- Get proper sleep and nutrition. Carbohydrates are especially important after exercise because they refuel our muscles
- Switch up exercises and make sure these exercises progress to get hard instead of starting out at too hard of a level.

### Periodization & Avoiding Overuse/ Overtraining

Periodization is a technique used for year-round training. During the 4 seasons of each sport you should vary through focusing on intensity, volume, and technique or skill. This allows athletes to change up the focus of their training to progress most effectively and still allow the body a chance to recover. Without allowing for this change in focus, your body will suffer from overtraining and eventually start to decline in performance.

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# Injury Spotlight - Tendonitis



**What:** Tendinitis is an inflammation or irritation of a tendon, a thick cord that attaches bone to muscle. As we age our tendons are less able to adapt to stress, are less elastic, and are easier to tear. Tendinitis is most common in adults, but may still occur in any age group. This inflammation can occur in almost any area of the body where a tendon connects a bone to a muscle, but the most common places are tendons in the base of the thumb, elbow, shoulder, hip, knee, and the Achilles tendon.

## Signs and Symptoms

- Pain at the site of the tendon and surrounding area. Pain may gradually build up or be sudden and severe.
- Pain often described as a dull ache, especially when moving the affected limb or joint
- Pain with activity that decreases after the tissues are warmed up and returns again after activity.
- Stiffness and pain that restrict the movement of the joint involved
- Mild swelling or thickening of the tendon

## Causes

- Repetitive, minor impact on the tendon, or from a sudden more serious injury
- Incorrect posture, or poor stretching or conditioning before exercise or playing sports
- Overuse or doing too much too soon when the tendons are not used to a movement. Tendinitis is common in "weekend warriors," people that play and exercise hard only on weekends.

## Treatment

- If you suspect you may have tendinitis or are experiencing some of these symptoms, you should consult your Physical Therapist about treatment.
- Benefits of Physical Therapy include:
  - Modalities to promote healing
  - Stretches to lengthen and loosen the tissues
  - Strengthening exercises to protect against damage
  - Education on how to prevent future occurrences of tendinitis

## Self-care / Home-care

- Rest, ice, compression, and elevation
- Ice for 15-20 minute intervals 3x/day
- Avoiding activities that aggravate the problem
- Resting the injured area
- Taking over-the-counter anti-inflammatory drugs or using topical anti-inflammatory gels
- Visit our website at [www.proptutah.com](http://www.proptutah.com) and ask us questions directly through our "Ask a Physical Therapist" link

## To avoid tendinitis, try these tips when performing activities

- Take it slow at first. Gradually build up your activity level.
- Use limited force and limited repetitions.
- Stop if unusual pain occurs. Do something else. Try again later and if pain recurs, stop that activity for the day.

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# COORE

## STRENGTHENING

A stable core can greatly benefit your running. Building stability in your core helps to improve your running posture so you can navigate trails more easily and build muscle along the way — plus, core stability is a huge factor in injury prevention for runners. One review showed core weakness led to “less efficient movements, compensatory movement patterns, strain, overuse and injury.”



Hold this position or alternate to your sides and resting on one forearm holding for 30 seconds in each position. When done correctly, it should feel the hardest on your stomach muscles, not your shoulders.



**A** This move is great for hip strengthening. You should feel this working your outside glute.

**2.**



**B**

**3.**



**A**



**B**

This exercise will work your core and glutes together. Be careful to keep your chest and head up and keep your knees in line with your feet.



Start at one end of the room and lunge forward with one leg, stand up with and bring your feet together, then step through with the back leg and repeat the process

**5.**



**4.**

This move is considered a fundamental core-stability and gluteal-strengthening exercise. You can hold this position or add a challenge by raising one leg off the ground and straightening it out, then alternate sides.



**6.**

Alternating your leading leg, step up on a box, and then with the same leg step back down. Be sure to keep your core tight and move in a smooth, controlled motion in order to gain the full benefits.

For help with exercise ideas and keeping on track with your training program [download Daily Burn](#). It comes with a personalized plan and downloadable programs of whatever you would like to focus on.

## Success Stories

“It has been great being here. Everyone is so nice and you feel they really care about you. They listen when you have problems and watch to make sure you are doing the exercises right. They work you well while being conscious of the pain. I’ve had a good time being here.” **-Troy**

“I was very impressed with the service and support I received from Steve and all the staff. Everyone was personable and attentive to my needs. I will definitely come back again and recommend this place to others with injuries. Thanks for the help.” **-Andrew**



# We are out there!

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We keep updating and adding to our blog about activities and events that we and our patients are involved in. It's a lot of fun to follow what types of activities are scheduled, how our patients and employees are doing in their own hobbies and pursuits, and also what is coming up. We have multiple sports camps and activities coming up for athletes of ALL ages and for ALL sports! So continue checking out our website to see what's going on!

Also, you can follow us on Facebook, Twitter, and LinkedIn! Our goal is to use every outlet available to help keep you informed as to what is happening. This will help you stay in touch with more activities and events that promote injury prevention, good health, and FUN! You can also learn more about how YOU can get involved! We would love to have YOU be a part of our growing family promoting healthy and injury free participation in ALL sports and activities! Watch for upcoming camps and classes for various sports and injury prevention programs!

As you're preparing your children for fall sports, keep an eye on our blog for upcoming sports and agility camps.



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