



Professional Physical Therapy

VOLUME 3 ISSUE 2

"Getting Out There"

Making the transition from indoor to outdoor exercising is something that a lot of us look forward to. After a long winter inside, it's time to get back out there and enjoy the great outdoors! Here are some things to be aware of and look forward to as you make the switch.

- **Adjustments and patience**

Exercising outside brings new challenges to the body, such as uneven terrain and elevation. These new variables can be slow and frustrating to work with at first, but with patience and consistency they can be overcome!

- **Being aware**

Don't have your music up so loud that you can't hear traffic or people around you. Many pedestrian and vehicle accidents can be eliminated when pedestrians are more aware of their surroundings.

- **Weather**

Be prepared for the elements. Rain, sun, snow, and wind can catch you off-guard if you aren't prepared for them.

- **Proper Clothing**

Layers help keep you protected from rain, sun, and wind, but can be easily shed if it gets too hot. Remember, spring weather can change on a dime!

- **Variety**

Nicer weather opens up the possibilities to exercise at parks, trails, tracks, and many other places!

- **Be smart**

Don't overdo it! Maintain proper intensity progression with the routines you engage in.

- **Check outdoor equipment**

After a long and unused winter things like bikes, climbing gear, and rollerblades all need a tune-up before using them again.



www.professionalphysicaltherapy.com

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Achilles Tendonitis

Injury Description

Achilles tendonitis is an inflammatory injury that affects the Achilles tendon. This is the tendon in our body that connects the calf muscles with our heel. Our Achilles tendon allows us to be able to do activities such as running, walking, and jumping. The tendon can become injured when overused, not properly warmed up, and when an individual wears poorly fitted shoes. Some of these injury causes can also be activities such as excessive running, improperly increased intensity in exercise, or footwear that allows excessive pronation in the foot.

Signs and Symptoms

- achiness in calf or above the heel after activity
- swelling behind heel (along Achilles tendon)
- tight calf muscles
- reduced foot flexion

Treatment

Achilles tendonitis is a treatable condition that can be taken care of at home and with consistent physical therapy.

At home care

- medication (ibuprofen, naproxen)
Check with your doctor before taking NSAIDs
- RICE
Rest, ice, compression, and elevation all help the body's natural healing process
- properly fitted shoes (prevent pronation)
- warm-ups before exercise

Physical therapy

- calf stretches
- modalities to aid in healing process
- strengthening exercises (eccentric or muscle lengthening exercises)
- orthotics (raise heel-up to take strain off of tendon)
- tape jobs (relieve strain on the tendon itself)

Staying Injury Free

Here are some tips to help keep you safe and healthy while you transition to your outdoor routine!

- **Split longer runs between a treadmill and an outside trail**
*Dividing your longer runs between indoor and outdoor intervals in the beginning helps to ease your mind and body back in to an outdoor routine.
- **Softer surfaces**
*Switch hard gym surfaces for grass or track, your joints will thank you! Repeated routines on harder surfaces wear down on weight bearing joints, pre-disposing them to injury.
- **Surface conditions**
*Before you start a work out, be sure to check for things that could potentially interfere with your balance. Things such as garbage, gravel, puddles, and ice can cause injuring falls.
- **Proper hydration**
*The warmer the weather, the more we sweat! Increasing our fluid intake during hotter seasons protects us from heat-related illnesses such as heat stroke.
- **Have a buddy**
* In case of an accident or emergency, having another person around increases safety and your chances of getting help. Activities such as walking, hiking, or running are better done with a friend.
- **Paying attention to traffic patterns**
* Just because you can see drivers does not mean they can see you. Practice more caution when exercising outside at night.
- **Applying sunscreen**
*More sunshine means a higher risk for sunburns! If you plan on being outside for extended periods of time, be sure you apply and re-apply sunscreen for the best protection.
- **Appropriate clothing**
*Wearing layers while exercising outside helps protect your skin from the elements and keeps muscles warm during activity.

Success Stories

"You guys are all so friendly and really amazing at what you do. Thank you for caring and treating me like family. You all know how to relieve pain with great massages and exercise. I can't thank you all enough."

-Randi

"We love the skilled, friendly service at Orrock Mendenhall PT. I have complete confidence that I am being treated appropriately and I always feel so good after working with everyone here!" -Frances

We are out there!

Find us on the web at

www.proptutah.com

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!



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Speed and Agility Camps

The camps are from Wednesday, June 7th through Monday, June 19th. Monday-Wednesday-Fridays from 6:45 a.m. to 8:00 a.m.

Burgess Park in Alpine, UT.

Costs are as follows:
first family member is **\$120**,
second family member is **\$60**,
and registering a
third family member
will cost **\$30**.

To RSVP/register interested people please call **(801)-756-7061**, or send an email to alpine@proptutah.com.