

We are out there!

Find us on the web at

www.proptutah.com

FREE Running Clinic

What do you know about running?

Would you like to know more?

All levels of ability and interest invited to attend this fun and free clinic on running. We will be covering topics from how to improve running joy to injury prevention and how to buy the right running shoe.

- **April 24th** from 7-8:30pm at the **Orem Clinic** (801) 373-1053
- **April 26th** from 7-8:30pm at the **Lehi Clinic** (801) 768-2723

Call to reserve your spot today!



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OREM 1325 S 800 E, Suite #215 (801) 373-1053

ALPINE 155 W Canyon Crest Rd, Suite #100 (801) 756-7061

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SPEED AND AGILITY CLINIC



**AGES 7 AND UP
BURGESS PARK,
IN ALPINE
JUNE 1-13TH, 2018
FROM 6:45-8AM
FRI/MON/WED**

COME JOIN US FOR A WEEKEND OF SPEED AND AGILITY TRAINING WITH OUR EXPERT TEAM. WE WILL BE TEACHING SKILLS AND TECHNIQUES TO IMPROVE YOUR SPEED QUICKNESS TO ENHANCE YOUR PERFORMANCE IN ALL SPORTS.

**PLEASE CALL US AT
801.756-7061 TO ASK FOR
PRICING AND SECURE YOUR
SPOT!**

4



SAFETY TIPS FOR TRAIL RUNNERS

As spring is coming and the snow is melting, those mountain trails start calling your name. Here are some tips to make sure you are prepared to stay safe while enjoying the outdoors.

1. **Run for time, not distance:** trails vary in difficulty and can slow your pace significantly. When you run steeper or are dealing with tough terrain, your body will wear out sooner than on regular running surfaces. Pick a time you know you can accomplish so you don't get too far in and have a hard time getting home.
2. **Be aware of your obstacles:** try not to only scan the trail up ahead. Be aware of the rocks and tree roots that might be in your way so you know where to place your feet.
3. **Come prepared:** make sure you have enough water and food, as well as all of the gear you'll need. Headlamps, proper clothing, trail specific running shoes, and directions are all important when trail running.
4. **Partner running:** having someone run with you decreases your chance of injury and of being stranded. If you can't have a partner with you, make sure someone knows where you are and how long you expect to be gone so they can send help if anything goes wrong.
5. **Know the Conditions:** Spring trail running can be very dangerous, especially at higher elevations. Know if there is snow pack, avalanche danger, and the condition of the trail. Also, be prepared for different weather conditions, as they can change quickly at higher elevations in the spring and early summer without warning!!!

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Professional Physical Therapy

VOLUME 4 ISSUE 2



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Injury Spotlight – Patellar Tendinitis

(Runner's or Jumper's Knee)

Stress is placed on your patellar tendon (right below the kneecap) during running, jumping, and kicking. Tendinitis occurs after the patellar tendon undergoes repeated stresses causing miniature tears that accumulate and cause pain from inflammation and weakening of the tendon.

Signs and Symptoms

- Pain on the side of, in front of, below or even behind the kneecap
- Pain usually gets worse with activities like squatting, running, climbing stairs and jumping
- Progression:
 - At first it will be present only as you begin physical activity or just after an intense workout
 - Continue to worsen until it interferes with playing your sport or activity
 - Eventually interfere with daily movements such as climbing stairs or rising from a chair

Causes

- Caused by activities that include a lot of jumping, running and cutting
 - Basketball, volleyball and tennis have a high incidence rate of this injury, but it is not limited to these groups
- Playing through pain or regular overexertion on the court
- Sudden increases in how hard or how often you engage in activity
- Tight thigh muscles (quadriceps) and hamstrings

Treatment

- If you suspect you may have patellar 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 relax the tissues
 - Strengthening exercises to protect against damage
 - Education on how to prevent future occurrences of patellar tendinitis.

Self-care

- Rest, ice, compression, elevation
- Ice for 15-20 minute intervals 3x/day
- Stretch and strengthen the surrounding muscles
- Don't play through pain
- Make sure you have proper technique or body positioning while you are exercising
- Take over the counter anti-inflammatory drugs or use topical anti-inflammatory gels
- Visit our website at www.proptutah.com and ask us questions directly through our "Ask a Physical Therapist" link

Find us on the web at
www.proptutah.com

STRESS MANAGEMENT

Whether you have finals coming up or work is busy or you're planning for that spring wedding, there are always reasons for stress in our life. Sometimes stress can get the best of us, but here are some ways to take a step back and relax.

1. **Get Moving:** A great way to relieve stress is to exercise or go outdoors. Endorphins are released during these activities that help improve our mood. You can also step outside of the situation and clear your mind.
2. **To Do Lists:** Organize your days and weeks before they even start. Give yourself deadlines so that you can spread out your tasks. This way you can be sure that you have time for all your major to-do's and you can fit in the smaller ones where you need. Don't forget to set aside time for whatever leisure time you need to recharge.
3. **Have a person:** Find a friend you can check in with, vent to, or bounce ideas off of. Getting worries off your chest can provide a huge relief.
4. **Big Picture:** If you're getting worked up about something, take a step back and try and rethink the issue. Is it absolutely necessary? Is there another way to go about this? Remember your end goal and vision to help keep you on track.
5. **Healthy Eating:** Well-nourished bodies are better prepared to cope with stress. With the right nutrition, your body will have more energy to complete your tasks and a clearer mind to think through difficult situations.
6. **Let go of what you can't control:** Many things are completely out of our control, whether it's the way others act, the weather, or unforeseen circumstances. In these cases, try and relax and understand it is out of your control. Also, try to have back up plans in case something goes wrong.



Success Stories

"This facility has helped me so much! The leaders, Steve and Karen, really know their profession and are so knowledgeable. Lots of young aides, so professional and yet, kind. When I started coming in for PT I was in agony. Now, I feel so strong. Love this place! Excellent!"

- Georgina

"I love Orrock and Mendenhall Physical Therapy!! They are so amazing and helpful every time. They make sure to listen to the problems and do everything they can to get you better. They also create such an uplifting environment for patients. You can tell they want you to get better and continue doing what you love!!"

- Courtney