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Tendonitis

Tendons anchor a muscle to a bone in order to provide the function or action of that muscle. We have them throughout our body. Sometimes our job or hobby asks for repetitive use of a certain muscle. Eventually irritation and inflammation of the muscle and tendon occurs causing a condition called tendonitis. If the tendon also “rubs” across a bone or joint, it increases the irritation, pain can come on gradually or quite quickly. Elbows, shoulders, knees, and wrists are the most common areas, but it may occur elsewhere. Excessive use of the muscle/tendon causes micro damage to the tissue which doesn’t heal properly. Insufficient rest with minimal scarring results in re-damage when the activity returns. If not treated early, the condition can become chronic with long lasting pain.

Managing the pain can involve rest, splinting, and use of cold or heat. Physical Therapist can monitor an exercise program and avoiding repetitive tasks that irritate the involved tissues. Therapy could also include massage, range of motion exercises, electric stimulation, and ultrasound. Also, checking body mechanics and performing an ergonomic evaluation may be necessary.

Written by: Shirley Blake, PT

FREE SCREENINGS!

Both locations will offer free screenings the week of September 14-18th. If you have headaches, back pain, balance issues, or other aches and pains that are not getting better, but instead are causing you to limit your quality of life then you should call to set up an appointment for a free 15 minute screening. Let our therapists show you how Physical Therapy can improve your quality of life and reduce your pain!

*Please call ahead to schedule the
FREE screening!
Bangor 992-4042
Dexter 924-0077*

NOTICE: CURRENT PATIENTS

Attend all scheduled appointments for the month or September and you’ll be entered to win a \$20 gift card to THE OLIVE GARDEN!!

PATIENT’S RESULTS

“I started therapy just about a month ago. I started coming to Results Physical and Occupational Therapy with jaw pain to the extent that I could not sleep at night. I was getting headaches everyday. I could not eat on the left side of my mouth. My jaw was popping and snapping all day. Even at times locking up. Ever since the first day with my therapist my jaw has not locked up. Not one time! The popping now comes and goes. Also during the last 30 or days my jaw wakes me only a couple times a week and just this week I was able to eat with both sides of my mouth. And for the headaches I find that they only come at the end of the day now. This is a big help!

Thanks.

-C.W.

“I write this in amazement, that after only six visits with my therapist and proper “home care” (stretches and isometrics), I have had noticeable relief from cervical spondylosis discomfort. Prior to coming here, I had 2 injections in the C4-C6 region, but still had a lot of stiffness and hand paresthesia, which intensified and , at times interfered with my job as a Dental Hygienist. I now have had very minimal numbness upon repetitive motion activities, including writing this, because before therapy, by now, my left hand would be dead asleep!! We are hopeful to continue improving my range of motion while doing treatments weekly now! I am grateful for having tried this!

-S.L

HOW GOOD IS YOUR BREATHING?

The Dexter Clinic will hold a “Good Breathing Workshop” on September 23, at 5pm, at our 51 High Street location. Did you know that heart attacks, cancer, strokes, pneumonia, asthma, speech problems, and almost every disease known to mankind is worsened or improved by how well we breathe, and the quality of our respiration. At this workshop you will learn good breathing techniques and exercises to improve the way you breathe. Don’t let bad breathing habits make you sick, steal your energy, or hamper your productivity! This workshop will be free to the public, but please call register to attend.
Call today 924-0077!

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