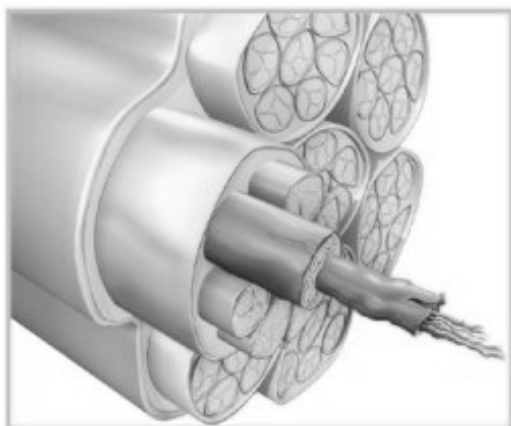


Tendinosis management

Tendinosis is associated with decreased blood supply to a tendon. Decreased blood supply results in decreased tendon oxygenation. Reduced oxygenation is associated with tendon degeneration.



- As the tendon degenerates it becomes weaker.
- Tendinosis is also associated with:
 - Aging
 - Overuse in the form of tension overloads
 - Multiple micro-traumatic events.
 - Over time repetitive overload has a cumulative effect leading to tendon degeneration.
- Complete rest is important to encourage tendon healing, especially during an acute flare up or immediately after an injury. However, in the long run “*complete rest*” may not lead to the *best type* of tendon healing. “*Therapeutic Rest*” on the other hand can be defined as *significant reduction* or *complete suspension* from the provoking activity.
- At **Team Rehab** we offer a wide range of tendon unloading and tendon re-loading exercises. We also incorporate the shoulder resting position which has been shown to enhance blood flow to the rotator cuff tendons. The shoulder resting position is often more comfortable than having a patient rest their arm down at their side. This position reduces tension the upper portion of the cuff.

Happy couple finds relief at Team Rehab

Mr. and Mrs. Stachel were both suffering from painful conditions when they came to Team Rehab. Mrs. Stachel was suffering from cervical spondylitis and shoulder pain. Mr. Stachel was experiencing neck pain and both had very bad headaches. They had tried PT at other clinics, but those treatments had not relieved their pain. Because of their negative experience with another clinic, their doctor referred them to Team Rehab.



At Team Rehab, Mrs Stachel’s symptoms decreased significantly after only a few visits. She attended PT for 3 months and was totally pain free at discharge. She is staying pain free by continuing her home exercise program 2-3 times per week.

Mr Stachel’s headaches were completely resolved after 2 weeks and the neck pain was improved to a manageable level in 6 weeks.

They both agree that the experience of coming to PT at Team Rehab was much more pleasant than at other clinics, and that was a major reason for their improved results. Mrs Stachel says: “We would feel better as soon as we came into the clinic, due to the positive and caring atmosphere. The whole staff played a part in our recovery. They were as nice as could be.”

Mr Stachel say: “We would give Team Rehab our highest recommendation to anyone we know that needs P.T.” If you have friends that need PT, please recommend Team Rehab. We would love to be able to help them as well.