

# Let us take part in your journey back to what you love

Everyone at IMG PT is here to support you in your journey back. Please allow us to take part in your therapy and work with you to achieve your goals. Check out the back panel for more information about our clinic.

We look forward to working with you and seeing you improve!



Contact Us  
For More Info  
and How to  
Schedule!

805 N Richmond St #103,  
Fleetwood, PA 19522

(610) 944-8140

[www.IMGPT.com](http://www.IMGPT.com)



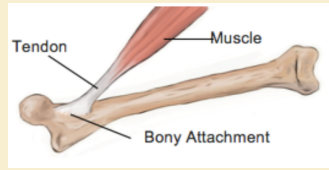
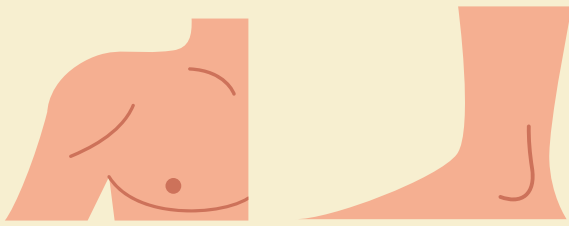
RESTORING FUNCTION  
ONE PATIENT AT A TIME

To get you back to doing more of  
what you love and feeling great!



## Tendinopathies and Physical Therapy

By: IMG PT



## Tendinopathies: Where, What, Why, How

**Where:** Tendons attach muscles to bones. Common areas to experience tendinopathies are the shoulder, elbow, knee and ankle

**What:** Pain near a tendon or joint that is increased during movement, such as on the outside of the elbow increased when gripping

**Why:** This pain can often be brought by a sudden increase in physical activity, especially when repetitive motion is involved.

**How:** Tendons love to be used, but if they aren't used often, a sudden increase in their use can lead to a tendinopathy

## How Can Physical Therapy help?

A physical therapist (PT) will sit down with you to better understand what may have led to the pain that you are experiencing. Once any serious issues, like a fracture, have been ruled out, the PT will outline the next steps for you.

Tendons love to be used! It's okay to rest them to relieve pain, but using those tendons is what improves them the most. Physical therapists are trained to find ways to move that do not increase your pain to help strengthen your tendon. PTs also have ways to help reduce pain during and between sessions.

Lastly, the PT will provide you with a custom home exercise program that is simple and easy to follow that will give you the power to progress while outside of PT!



## Tips for Healthy Tendons

1

### Stay Active!

A healthy tendon is a tendon that is used regularly within its ability. The more a tendon is used the stronger it becomes, just like a muscle!

2

### Take breaks during strenuous activity!

If a break isn't possible, try changing the position of your body or limb you are using

3

### Don't look for quick fixes!

As is the truth for many things in life, tendinopathies do not have a quick fix. Trust in the process and you will do great!

4

### Ask your therapist!

Your physical therapist is always there to answer any questions that you may have about your tendons and general health