

Sprains, Strains, Tendonitis, Bursitis

Over a lifetime, the average person will encounter a number of common ailments, such as sprains, strains, tendonitis, and bursitis. These issues cause local pain, such as elbow pain with Tennis Elbow or Golfer's Elbow, limited function such as walking restrictions due to Achilles Tendonitis or Plantar Fasciitis, or difficulty sleeping such as is experienced with Hip Bursitis. In most cases, such conditions are easily controlled and eradicated with appropriate care. Unfortunately, left untreated, these relatively simple conditions sometimes become severe and greatly impact function.

Some common musculoskeletal issues include:

Sprain: The overstretching of a ligament beyond the allowed length of the ligament, causing pain, swelling, and limited movement.

Strain: Trauma caused to soft tissue, such as muscle, due to overstretching

Tendonitis: Inflammation of a tendon, commonly due to overuse and commonly present at the elbow, shoulder, or knee

Bursitis: Inflammation of a bursa, a fluid-filled sack in place to protect joints. They often become inflamed and irritated, commonly occurring at the shoulder and hip.

What can physical therapy do for Sprains/Strains/Tendonitis/Bursitis?

Physical Therapists are the experts in the medical field at the treatment of musculoskeletal conditions. Often times, only a single visit is necessary to instruct in proper home care of the condition.

Treatments for Sprains/Strains/Tendonitis/Bursitis:

Exercise: Used to strengthen, stretch, and stabilize. The primary tool used against musculoskeletal injuries.

Manual Therapy: Hands-on therapy is valuable for treating local musculoskeletal issues, particularly cross-friction massage.

Modalities: Several additional tools are helpful such as heat, cold, electrical stimulation, ultrasound, iontophoresis and the like.



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