



HAND IN HAND REHABILITATION, OT, PC

excellence • integrity • experience



**FALL BACK INTO THERAPY FOR
REPETITIVE STRESS INJURIES
AND AVOID TENDONITIS!**

Shake The Ache

*Say Goodbye To Tendonitis
Pain With With Hand In Hand!*

Be Back To School Ready!

*Backpack Strategies for
Parents and Students*

Share The Love

*Share The Benefits Of
Therapy With A Friend*



FALL BACK INTO THERAPY TO AVOID REPETITIVE STRESS INJURIES AND TENDONITIS

Have you been struggling to get over a bad case of tendonitis? Are you frustrated with how long it takes to recover from a tendon injury? At Hand In Hand Rehabilitation, our certified hand therapists and occupational therapists can help resolve your tendon issues and, better yet, how to avoid one altogether!

A tendon is a type of connective tissue that attaches a muscle to a bone. A tendon helps to move our bodies by transmitting forces from muscle to bone. Tendons also function to resist forces, specifically repetitive and high tensile forces.

When a tendon is injured, it can impact our ability to perform basic activities like raking leaves to the most advanced, like playing your favorite fall sport. Fortunately, our team of certified hand therapists and occupational therapists can help identify the type of tendon problem you are experiencing and give you the tools to get back to doing what you've been avoiding.

Request an appointment with Hand In Hand Rehabilitation today, and let us help guide you back to health!

WHAT ARE REPETITIVE STRESS INJURIES?

Repetitive stress injuries in the upper body affect the muscles,

tendons, nerves, and ligaments. These injuries are typically caused by improper technique and/or overuse.

Symptoms are usually described as tenderness, stiffness, or even tingling in the affected area.

Many sports, hobbies, and jobs require repetitive movements that can lead to overuse-type injuries, especially if the technique is incorrect. Overuse-type injuries are also common in groups participating in physically demanding activities like manual laborers and jobs that require computer use.

Tennis elbow and little leaguer's elbow are related to the sheer volume of movements needed to play the sport. Often fatigue and weakness lead to these conditions, and a skilled hand therapist can help teach you how to resolve the pain and restore strength to minimize future episodes.

The fall season often involves harvesting the garden and extra yard work to clean the leaves. With the days getting shorter, the time to get the work done also gets shorter. Instead of following nature's flow, too many people try to get jobs done quicker and increase the physical demands on their bodies. The result is more pain.

SAY GOODBYE TO TENDONITIS PAIN WITH WITH HAND IN HAND!



Fortunately, at Hand In Hand Rehabilitation, our certified hand therapists and occupational therapists are highly skilled at treating all upper extremity repetitive stress-type injuries. We'll identify the factors contributing to your condition and help you resolve it sooner than later!

WHAT IS TENDONITIS?

There are a lot of possible causes for your painful tendon. Tendonopathy describes any problem with a tendon, including disease, injury, or disorder.

Tendinitis is defined as an inflammation of the tendon. Acute injuries, including minor or partial tearing, can produce an inflammatory response. These types of injuries heal quickly as they move through inflammation to tissue repair. One way to identify this condition is how quickly it heals.

Tendinosis describes a dysfunctional tendon and typically does not specify the pathological process. It generally is used to describe overuse-type conditions. Recent research has concluded that most overuse tendon pathologies do not have inflammatory cells. These disorders involve collagen breakdown. (Collagen is the main structural protein in tendons).

It is important to note that overuse tendon disorders often take a long time to heal because rebuilding collagen is a slow process. In some cases, treating degenerative collagen with anti-inflammatory medication, such as corticosteroid injections or oral medications, can impair the healing process!

Lumping all tendon injuries into the same category and treatment plan is likely the reason for the lack of improvement some people experience. Fortunately, our team of hand therapists can not only distinguish between the different types of problems, but we can also guide you through an individualized program to resolve and prevent future tendon issues.

HOW HAND THERAPY HELPS TENDONS AND PREVENTS FUTURE TENDONITIS

At Hand In Hand Rehabilitation, we will conduct a thorough evaluation that includes learning about how long you have been dealing with your injury. This will help us identify the type of condition you are dealing with. Once we know this information, we will design a program tailored to your individual needs.

The goal of tendon rehabilitation is to gradually progress the exercises to challenge the tendon without irritating it further. We will likely recommend an active rehabilitation program focusing on loading the tendon progressively. Loading means the cumulative amount of exercise you're doing and can be changed by adding repetitions, sets, resistance, duration, and speed.

The key to recovery is ensuring it doesn't happen again. Our therapists will provide you with the education and exercise programs to ensure your tendons stay healthy so you can perform to the best of your ability again. We will also use targeted manual therapy techniques, splinting, and modalities as deemed appropriate by your therapist to assist your recovery process.

REQUEST AN APPOINTMENT TODAY!

At Hand In Hand Rehabilitation, our team of certified hand therapists and occupational therapists are experts at treating tendon-related injuries and preventing future problems from reoccurring.

Call today to schedule an appointment with one of our specialists, and let us help you get ready and stay ready for everything you have planned for this fall!



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To learn more, call us at:
516.333.1481 (Long Island)
212.472.1000 (Manhattan)

or visit our website at:
HandInHandRehabilitation.com

BACKPACK STRATEGIES FOR PARENTS AND STUDENTS

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

LOADING A PACK

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

WEARING A PACK

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.



**FALL INTO A PAIN FREE LIFE!
CALL US TODAY!**

**516.333.1481 (Long Island)
212.472.1000 (Manhattan)**

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your treatment may not cost you anything. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Hand Therapy! Let us help you get a head start for 2023!

**Call us today at 516.333.1481 (Long Island)
or 212.472.1000 (Manhattan).**

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The Word!*

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us connect with the community.*

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our Google reviews page!**



**HELP US
SHARE THE LOVE!**

We appreciate the confidence you place in us and will do our best to help those you refer meet their health and rehab goals. A huge thank you to all of our friends who refer others to us at Hand In Hand Rehabilitation!

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