

Healthy Arms

Holding on To What You Love



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As our dependency on smart phones, computers, and all things digital increase, so does the risk of injury and pain to our hands, wrists and elbows. Combine that with our tendency to be weekend warriors and sports fanatics – and it is only a matter of time before some type of upper extremity pain bothers us. One common cause of pain is tendonitis. Irritation of the tendon can occur at any joint, but more commonly, it occurs at the thumb, wrist, and elbow. Repetitive activities, poor joint mobility and inflammation can lead to scar tissue formation around the soft tissues. For example, an avid golfer who is experimenting with a new swing may suddenly notice pain with lifting his coffee cup. This is due to a change in mechanics, which have now caused increased force on the tendon, making the wrist and forearm muscles work harder. All of this leads to irritation of the tendon. As this response occurs and becomes more chronic, the increase in scar tissue, or fibrosis, leads to a muscle-tendon imbalance.

There is an answer to this pain that does not involve surgery or giving up your pursuit of golfing perfection. Conservative treatment may include: soft tissue and joint mobilization techniques, topical analgesics/anti-inflammatories, taping or splinting, and education on proper body mechanics and joint protection. These non-surgical options can allow you to return to the activities you enjoy.

Better Balance

Treating Dizziness Without Medication



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DISORDERS AND
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Do you wake up in the morning with a spinning sensation? Are swaying to one side while walking or dizzy when looking at the shelves in the grocery store? These may be symptoms of vertigo (a form of dizziness). Most people will just ignore these symptoms and hope they will resolve on their own. Other symptoms may include nausea, vomiting, sweating, and irregular eye movements. Common causes are an inner ear dysfunction, recent sinus infection or flu, head trauma/concussion, and the normal aging process.

The good news is that most symptoms can be cleared up in two to three visits when treated by a physical therapist that specializes in vestibular rehabilitation. This will help you return to function, often without lingering symptoms of vertigo. The solution may be as simple as turning your head to a specific position, or you may require advanced education on re-training your eye movement. Treatment addresses the inner ear, which is responsible for our sense of position in space and sense of balance. This helps train the brain to compensate for the loss of the function in the ear. The goal is to make your brain work better by exercising it, just as you would make any other muscle stronger.

Can ASTYM® help you?

- The ASTYM® System is a non-invasive treatment process that treats abnormal soft tissue
- The goal: ASTYM® facilitates the body's natural healing process to speed up a return to activity without pain or limitations
- The treatment is only provided by certified therapists who use patented instruments to evaluate and treat the tissues
- Patients are encouraged to continue with their normal activities to facilitate a functional pattern of movement for the tissues; over time, this remodeling will decrease the risk of re-injury.

Speak with your doctor, or consult your local occupational therapist or physical therapist for an injury screening to see if conservative treatment is right for you. To schedule a physical or occupational therapy appointment, or a complimentary injury screening, please contact:

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