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PTC'S SUMMER PHOTO CONTEST!

We're holding a contest for the best summer photo! The winner will receive a *free* gel ice pack and get their photo published in our September newsletter! See pg 2 to find out how to enter!

TENNIS ELBOW TROUBLES

Tennis elbow is a type of tendonitis (swelling of the tendons) that causes pain in the elbow and arm. These tendons are bands of tough tissue that connect the muscles of your lower arm to the bone. Despite its name, you can still get tennis elbow even if you've never been near a tennis court. Tennis elbow is the most common reason that people see their doctors for elbow pain. Although it can pop up in people of any age, it's most common at about age 40.



Tennis elbow causes pain and tenderness near the bony knob on the outside of your elbow. This knob is where the injured tendons connect to the bone. The pain may also radiate into the upper or lower arm. Although the damage is closer to the elbow, you're likely to hurt when doing things with your hands. Tennis elbow may cause the most pain when you try to lift something, make a fist/grip an object, open a door, or shake someone's hand.

Tennis elbow usually develops over time. Repetitive motions—like gripping a racket during a swing—can strain the muscles and put too much stress on the tendons. That constant tugging can eventually cause microscopic tears in the tissue. Even simple activities like typing, painting, raking, and knitting can cause this problem.

The good news is that tennis elbow can be treated conservatively with physical therapy and can heal without surgical intervention. The healing process is more rapid and complete when you know just what muscular actions need to be avoided and what the right amount of stimulus is that will promote healing of the tissue.

So what are some of the symptoms of tennis el-

bow? If you would like to know more about tennis elbow or its treatment, feel free to contact PTC.

RED, WHITE, & BLUEBERRIES!

Something to celebrate!

The blueberry is a nutritional star. It's bursting with incredible flavor and nutrition, low in calories, and is the perfect addition to any 4th of July get-together. After all, blueberries are at their best when they're in season, which falls between May and October.



When it comes to nutrition, these blissful bites literally work from the inside out. Packed with antioxidant phytonutrients called *anthocyanidins*, blueberries neutralize free radical damage to the collagen matrix of cells and tissues that can lead to cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer. Anthocyanins, the blue-red pigments found in blueberries, improve the integrity of support

structures in veins. Blueberries can also help relieve diarrhea and constipation. In addition to soluble and insoluble fiber, blueberries contain tannins, which act as astringents in the digestive system to reduce inflammation. What's more, blueberries promote urinary tract health. They contain the same compounds found in cranberries that help prevent or eliminate urinary tract infections.

Ripe blueberries should be stored in a covered container in the refrigerator where they will keep for about a week, although they will be freshest if consumed within a few days. For a festive treat, mix them with ripe strawberries and add a dollop of fresh whipped cream!

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PATIENTS KNOW THEY
HAVE BEEN HELPED AT
PTC!

It's time to say cheese!
If you're interested in entering
PTC's photo contest, simply e-
mail your favorite summer photo
to wendy@ptconsultants.net. Be
sure to tell us who's in the photo
and the location. All photos must
be submitted by August 3rd!

THE IMPORTANCE OF POSTURE

Last month you were introduced to the characteristics of the rotator cuff. Although most of us know about rotator cuff damage, do you *really* know what causes it?



According to PTC's Janna Ogle-Geiger, poor posture can be a contributing factor. During poor posture, which is typically seen as a slumped and forward head position (like sitting at a computer), the shoulder blade tips forward. "In this position, when you raise your arm the RC tendons get pinched between the shoulder blade and the humerus (upper arm bone)," Janna explains. When a pathology is present, this is commonly termed shoulder *impingement syndrome*.

To visualize how this looks, Janna suggests thinking of a door jam and how the door opens and closes with ease. Then

think of the same door jam except with a pencil stuck through the space between the door and the doorframe—so when the door closes, the pencil is pinched just like the tendons of the RC, just as we previously explained.

"Proper posture is great because it gives your shoulder plenty of space so your arm can move freely without pinching the tendons," Janna says.

Nonetheless, improving your posture is just part of the picture when it comes to restoring healthy tendons. The RC tendons also need the appropriate level of exercise to rebuild after injury, illness, or deconditioning.

So what kinds of exercises are best? Next month, we'll talk more about proper exercises for the RC tendons. In the meantime, remember to straighten up!

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