



# OVERCOMING TENDONITIS THROUGH PHYSICAL THERAPY



*"I am very proud to have FULL range of motion after knee replacement and am very active again."*

Read Patrick's Review Inside  
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*Mark*

## CASE STUDY: OVERCOMING TENDONITIS THROUGH PHYSICAL THERAPY

Name: *Mark*

Age: *45*

Occupation: *Sales Manager*

Diagnosis: *Achilles Tendonitis*

Lifestyle: *Active, enjoys running and outdoor activities*

Tendonitis, a condition characterized by inflammation and irritation of tendons, can significantly impact one's daily life. This case study follows the journey of Mark, a 45-year-old individual diagnosed with Achilles tendonitis, as he sought relief and recovery through physical therapy.

### Initial Presentation

Mark presented with complaints of persistent pain and discomfort in his right Achilles tendon. He reported a gradual onset of symptoms over the past few months, primarily affecting his ability to engage in his favorite activities, such as running and hiking. His pain worsened during physical activities and after prolonged periods of sitting at his desk.

### Physical Therapy Evaluation

#### Assessment of Symptoms:

- Mark described his pain as a dull ache with occasional sharp, stabbing sensations in the back of his right heel and calf.
- He reported morning stiffness and difficulty initiating movement in his ankle.

- His pain was aggravated during activities such as running, stair climbing, and prolonged standing.
- He had no history of trauma or specific injury to the Achilles tendon.

#### Physical Examination:

- Gait analysis revealed a noticeable limp, favoring the non-painful leg.
- Palpation of the Achilles tendon indicated localized tenderness and swelling.
- Range of motion assessment showed reduced ankle dorsiflexion and calf muscle tightness.
- Strength testing demonstrated mild weakness in the calf muscles.
- Observation of Mark's running form revealed biomechanical abnormalities contributing to the condition.

#### Diagnosis:

Based on the clinical evaluation and patient history, Mark was diagnosed with Achilles tendonitis. The primary contributing factors were overuse, altered biomechanics, and reduced ankle flexibility.

*Continued inside.*

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Continued from the previous page.

## Treatment Approach

Mark's treatment plan was developed by his Optimum Physio Therapies physical therapist and tailored to address his specific needs and lifestyle. The step-by-step approach to his recovery included:

### 1. Education:

Mark received comprehensive education on Achilles tendonitis, including its causes and contributing factors. He learned about the importance of proper footwear, load management, and the role of biomechanics in his condition.

### 2. Pain Management:

To alleviate initial pain and inflammation, Mark was introduced to modalities like ice application and manual therapy techniques to reduce localized swelling.

### 3. Range of Motion Exercises:

Mark was prescribed a series of stretching exercises to improve ankle dorsiflexion and reduce calf muscle tightness. He performed these exercises daily.

### 4. Strengthening Exercises:

A progressive strength training program was initiated to address calf muscle weakness. Exercises included calf raises, eccentric heel drops and other single-leg strengthening exercises like step downs and STAR reaches.



*gait analysis*



*home exercise program*

### 5. Biomechanical Analysis:

Mark's running gait was assessed to identify and address faulty biomechanics contributing to his condition. He received guidance on proper running form and footwear selection.

### 6. Activity Modification:

Mark temporarily reduced high-impact activities like running and hiking to allow his tendon to heal. But he was encouraged to remain active and do low-impact exercises such as pain-free walking and cycling.

### 7. Gradual Return to Activity:

As Mark's symptoms improved, he was guided through a gradual return to his desired activities. His physical therapist monitored his progress closely.

### 8. Home Exercise Program:

Mark was provided with a personalized home exercise program, including stretching and strengthening exercises. He was encouraged to maintain a routine for ongoing prevention.

## Follow-Up and Outcome

Over several weeks of diligent adherence to his treatment plan, Mark experienced significant improvements. His pain diminished, and he regained ankle flexibility and strength. Mark's running form improved, and he could return to his favorite activities gradually.

Regular follow-up appointments at Optimum Physio Therapies allowed for ongoing monitoring and adjustments to his treatment plan as needed. Mark learned to manage his condition effectively, recognizing the importance of continuing self-care and early intervention should any symptoms reoccur.

## Conclusion

Mark's case illustrates the effectiveness of physical therapy at Optimum Physio Therapies in managing and resolving Achilles tendonitis. Through a comprehensive evaluation and a tailored treatment plan addressing both the physical and biomechanical aspects of his condition, he was able to regain his active lifestyle and enjoy pain-free mobility once again.

**His success is a testament to the importance of early intervention, education, and proactive self-care in overcoming tendonitis!**

## Exercise Essentials

# Achilles Eccentrics

Start by standing in front of a table or counter for support. Raise both heels off the ground and then lift up one leg at the top. Slowly lower your heel back down with control on your grounded leg. Repeat 10 times.



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# PATIENT SUCCESS STORY!



**“ I am very proud to have FULL range of motion after knee replacement and am very active again. ”**

*"I've been through here after 2 significant operations that had to occur consecutively. I cannot stress the difference between being somewhere that really works you through recovery and a place that lets you coast and you never quite get full range back. I've been active all of my life and faced a very steep uphill with 2 operations on the same knee inside of 1 year and to tell you it was tough is an incredible understatement. They held me accountable and made me work every visit through some very real pain. I am very proud to have FULL range of motion after knee replacement and am very active again. Great staff and attitudes – they know the science of recovery!" —Patrick V.*

## We Want To Hear Your PT Success Story!

Scan the QR code to visit our review page and share your story. You could be someone's inspiration to get the help they need.



## STAFF SPOTLIGHT

**DR. ALEXA ARANDA**  
PT, DPT

Dr. Alexa Aranda, a Midland, Texas native, received her undergraduate education from UTSA, where she received a Bachelor of Science in Kinesiology. Alexa recently graduated with a Doctor of Physical Therapy from UIW. Dr Aranda is driven by her own ACL injury during college soccer, fueling her passion for rehabilitation.

Alexa's mission is to help others reclaim their passions. Dr. Aranda joined the OPT family in March 2024. During Dr. Aranda's free time, she can be found playing soccer, on the pickleball court, or lifting weights at the gym.

## IS IT YOUR BIRTHDAY MONTH?



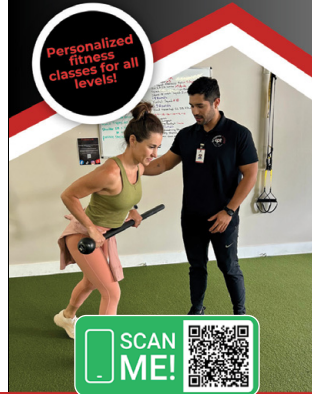
If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!

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# SONIA'S COOKING CORNER

## SONIA'S FAMOUS ITALIAN MEATBALLS



Courtesy of Sonia



### INGREDIENTS

- 2lbs ground beef
- 3 tbsp chopped parsley
- 2 tbsp of chopped garlic
- 4 eggs
- ½ cup of breadcrumbs (Italian seasoned)
- ½ cup of grated parmesan
- salt and pepper to taste
- oil (for pan)

### INSTRUCTIONS:

Mix all the ingredients together. Start making balls out of the meat making them round but flattened. Add oil to pan. Add meat balls and cook them for 7 minutes on each side at medium heat. Take them out of the pan and rest on a plate with paper towels. Now add the meat balls to sauce (previously on Sonia's cooking corner). Let meat balls sit in sauce for 45 minutes then serve!

**WATCH THE VIDEO FOR STEP-BY-STEP INSTRUCTIONS!**



**NEW!**

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