



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

NEWSLETTER

PERFORM BETTER. RECOVER FASTER. STAY IN THE GAME
DECEMBER 2020



DON'T LET AN INJURY SIDELINE YOU!

UNDERSTANDING TENDINOPATHY & ITS MANAGEMENT

INSIDE:

- Treating And Preventing Tendinopathy
- Tips To Manage Holiday Stress
- Service Spotlight: Dancer Rehabilitation
- Staff Spotlight





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DON'T LET AN INJURY : UNDERSTANDING TENDINITIS & SIDELINE YOU! : ITS MANAGEMENT

Athletes are naturally at an increased risk for experiencing injuries. This is not as a result of any particular health issue that athletes typically have in common. Instead, it is a simple exposure equation. The more frequently you push yourself to try new things, to engage in physical activity, or to push yourself to reach a new goal, the more you are going to increase your risk for potential injury. On more days than not, the injury won't happen. But as every athlete knows, it only takes one bad day – one day when fatigue or something else throws off your form or your performance otherwise, or you feel a little distracted and not realize some impending obstacle, or maybe just a fluke of a moment in which something goes wrong and you go down. As the old expression goes, sometimes sh*t happens! What makes matters worse is the fact that many athletes attempt to push past their aches and pains, which often leads to a more serious injury.

Working with a physiotherapist or chiropractor is especially important for athletes for this reason. They can help identify issues surrounding form, programming, or other aspects of training that may increase your risk for injury. Additionally, they will assess the severity of the injury and advise on best treatment options for those injuries as soon as possible, so you always know exactly what your body needs to feel at its best. Furthermore, they will help you stay close to the game

as much as possible by identifying the aspects of training that you can continue to participate in while you are rehabbing your injury. There's usually no need to stop everything.

WHAT IS TENDINITIS?

Tendinitis, or now commonly referred to as tendinopathy, is a common issue among athletes because it develops as a result of excessive overloading of the tendons, causing them to become inflamed and hypersensitive due to the demands of a laborious task, exercise, or repetitive behaviour.

Consider a tennis player, for example. In addition to running and jumping, a skilled tennis player will spend hours every week swinging the racket, and this could result in irritation to the tendons of the shoulder, elbow or wrist.

Every bone in the body is connected with muscular fibers called tendons. The tendons are flexible, allowing the body to move more freely by letting bones stretch apart or move in one direction or another. Tendinopathy occurs when the tendons become sensitive and sometimes inflamed, which can make movement painful and difficult. Swelling in the tendons can make movement painful and difficult.

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TREATING AND PREVENTING TENDINOPATHY



- P**  **PROTECTION**
Avoid activities and movements that increase pain during the first few days after injury.
- E**  **ELEVATION**
Elevate the injured limb higher than the heart as often as possible.
- A**  **AVOID ANTI-INFLAMMATORIES**
Avoid taking anti-inflammatory medications as they reduce tissue healing. Avoid icing.
- C**  **COMPRESSION**
Use elastic bandage or taping to reduce swelling.
- E**  **EDUCATION**
Your body knows best. Avoid unnecessary passive treatments and medical investigations and let nature play its role.
- &**
- L**  **LOAD**
Let pain guide your gradual return to normal activities. Your body will tell you when it's safe to increase load.
- O**  **OPTIMISM**
Condition your brain for optimal recovery by being confident and positive.
- V**  **VASCULARISATION**
Choose pain-free cardiovascular activities to increase blood flow to repairing tissues.
- E**  **EXERCISE**
Restore mobility, strength and proprioception by adopting an active approach to recovery.

Photo courtesy of: <https://bjsm.bmj.com/content/54/2/72>

Typically, when pain is caused as a result of tendinopathy, the pain is isolated at the noted areas of the body. This means that a tennis player may experience tendinopathy in the elbow or shoulder, whereas a runner may be more likely to experience it in the Achilles tendon. In fact, this is why tendinopathy in the elbow is frequently referred to as tennis elbow, while Achilles tendinopathy is sometimes referred to as runner's ankles or runner's heels.

UNDERSTANDING TENDINOPATHY

While there are some sports injuries that happen after a bad day, there are others that develop over time. Tendinopathy is an incredibly common issue that causes pain to develop in the joints. This can impact the hips, knees, elbows or shoulders. Pain caused by tendinopathy can impact everyday activities, making it exceedingly difficult to remain comfortable day to day or to remain active.

Tendinopathy can make simple activities such as picking up a gallon of milk or attempting to put something away on a shelf over your head incredibly painful and challenging. Unfortunately, when tendinopathy develops, it often sticks around. This means that pain that begins as frustrating and seemingly minor can quickly become chronic and incredibly painful. Working with a physiotherapist or chiropractor,

early on, is the best way to address tendon pain without turning to medication, to improve range of motion of your joints, and to rebuild your strength and capacity to perform your activities or sport.

TREATING TENDINOPATHY

The best treatment for tendinopathy is activity modification while the pain reduces, and then reloading the tendon in a gradual manner until you are participating in your activity or sport fully again. Research is now discouraging the use of the old acronym of RICE (rest, ice, compression, and elevation). Instead, your soft tissue injuries just need a little PEACE and LOVE.

Working with a physiotherapist or chiropractor can help you progress through your stages of tendon healing, identifying the best exercises to perform, and when to perform them. Ultimately, they will guide your return-to-work or -play routine, and ensure that hiccups remain at a minimum as you reach your ultimate physical goals (trust us, hiccups do happen – even to the best of us)

If you are suffering from a sports injury, Leaps and Bounds can help! Call us today and get back in the game!

▶ **HELP US HELP
OUR COMMUNITY!**



Last month we raised money in support of "Movember," This month we're supporting Kerr Street Mission. Click [here](#) for more information!

DO GOOD – LEAVE US A REVIEW TODAY!

**LET'S GET
SOCIAL!**

Follow us on Facebook, Instagram, and Twitter to get the most up-to-date information about what's going on at LABs Rehab!



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SERVICE SPOTLIGHT: DANCER REHABILITATION

Are you a dancer with an injury, or a dance-mom struggling to see your child perform in pain? Then book an appointment with our physiotherapist, Carolina Rotondo, at Leaps and Bounds: Performance Rehabilitation in Oakville, ON today! She's got the knowledge, experience, and the passion to see that you're back to performing at an optimal level.

WHAT IS DANCER REHABILITATION?

Dancers are both artists and athletes, performing at the highest levels of human performance; and with that, they bring a unique variety of health and sports medicine related issues that require a strong knowledge & appreciation of their craft. When it comes to physiotherapy evaluation and treatment, dancers are different in many ways. In evaluating injured dancers, your physiotherapist must not only focus on the injury, but an effort must also be made to understand the reason for the injury. This is true for all types of dance. In understanding the types and patterns of injury, we can hopefully prevent many of them in the future, or lessen the extent of the injury if it should occur.

OUR APPROACH TO YOUR DANCE INJURY

Our approach to dance medicine at our Oakville, ON practice is to provide a comprehensive evaluation and design an individualized rehabilitation program to help the dancer return to full function. The goal is not only rehabilitation of the injury, but also identifying those factors that led to injury and eliminating them

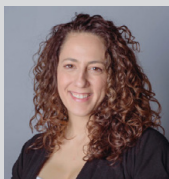
from daily practice. We understand the daily demands of dance practices and performance from all genres, which allows us to give you the most appropriate progression of exercises, and get you back to the stage as quickly as possible. Our ultimate goal at Leaps and Bounds: Performance Rehabilitation is to see you achieve excellence in your practice by helping you perform at an optimal level.

SOME TECHNIQUES WE MAY USE INCLUDE:

- Soft tissue and joint mobilizations, as well as other forms of manual therapy techniques
- Modifications to dance practice and load management for the resumption of dance after injury
- Strength and conditioning program
- Evaluating alignment in different positions of dance
- Dancer Screener
- Pointe readiness assessments
- On-site treatment

If you're a dancer or dance educator in Oakville, ON or surrounding areas, contact Leaps and Bounds: Performance Rehabilitation today to learn more about getting the right service for your performing arts needs. Carolina Rotondo, our talented dance physiotherapist is eager to work with you.

STAFF SPOTLIGHT



CAROLINA ROTONDO BSC, MPT

Since 2010, Carolina has been a member of Healthy Dancer Canada, a non for profit organization that is the Canadian leader in facilitating communication and collaboration between the dance community and health care professionals in order to enhance the health and well-being of dancers of all ages and genres. As Chair of HDC's Dancer Screening Committee, she has pioneered the development of a Dancer Screening Tool for health professionals and dance instructors. As part of her extensive experience in performing arts medicine, Carolina has had the immense pleasure of working backstage as an on-site treatment provider for various Broadway and off-Broadway tours that travel to the GTA. In addition, she is a consultant for Canada's prestigious Ballet Jorgen.

Carolina is MDT certified. Better known as the McKenzie Method, it allows her to provide advanced and reliable musculoskeletal assessment and treatment procedures for people suffering with back, neck and extremity pain. In addition, Carolina has gained extensive knowledge and invaluable experience treating acute and post-concussion syndromes, as well as vestibular disorders.

For fun, Carolina loves taking dance classes or working out at the gym. She has enjoyed watching the love of dance and song grow inside her 6 year old daughter, Isidora. One of her favourite things to do is listen to old vinyl records and dance with Izzy, her baby boy Teo, and her not-so-coordinated husband. Practice makes perfect!

TIPS TO MANAGE HOLIDAY STRESS



1. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

2. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try donating to a charity in someone's name or get creative and give homemade gifts.

3. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

4. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

