



THE PHYSICAL THERAPY SPECIALTY CENTER

a division of Primary Care Partners

NEWSLETTER

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TENDONITIS VS. TENDINOSIS

We have thoughts of tendons in the body. Tendons are thick, fibrous cords that attach the muscle to the bone to help them move as the muscles contract and relax. Tendons help absorb some of the impact from movement. In general, they are resistant to tearing, but they are not elastic in nature or stretchy. When the tendon is injured, it can take a while to heal.

Both of these diagnoses are related to issues of the tendon which attaches the muscle to the bone. Tendonitis is an inflammatory condition where tendinosis is more of a degenerative condition.

AROUND THE CLINIC:

If you have been coming to our clinic for any length of time you may have seen some new faces hanging around with us PTs/OTs. Often these are college students, either getting observation hours prior to attending PT/OT school, seeing if PT/OT would be a good fit for them, or they may even be visiting from a current PT/OT school and gaining more experience. Don't hesitate to strike up a conversation with these new faces and ask a little about them and why they are here. It is always nice to have these students with us and we love to make them feel as welcome as possible. They may also give you an insight into the rigorous schooling we all go through as we branch into this amazing line of work. Hopefully, you can take a few minutes to greet them when you see them and make them feel welcome. We also have high hopes that one of these days one of them may join our amazing team and become a permanent staff member and face in our clinic!



Spotlight Diagnosis of the Month

This section is to provide details about commonly seen diagnoses or injuries in our clinic and how Therapy may help.

Spotlight Diagnosis: Biceps Tendonitis

What is It:

Biceps tendonitis is an inflammation or irritation of the long head of the biceps tendon. This is located at the front part of the shoulder. It is generally caused by repetitive activities, especially overhead motions. It can also be related to muscle and alignment imbalances through the shoulder region.

Symptoms:

- Pain or tenderness located at the front part of the shoulder which can radiate down into the arm
- Weakness
- Snapping or popping
- Pain worse with repeated motions

Causes:

- Overuse especially with overhead motions
- General wear and tear which can weaken the tendon over time.
- Sudden trauma.
- Co-exist with shoulder conditions such as rotator cuff injuries or impingement which can cause an increase in stress on the tendon.

How Physical Therapy can help/Treatment:

- Rest and ice
- Modify activities which physical therapy and occupational therapy can address
- Pain management with manual therapy, modalities (ultrasound – utilizing deep soundwaves to relax tissue, Estim – using electrical impulses to release soft tissue)
- Anti-inflammatory medications
- PT can instruct regarding targeted exercises for flexibility and strength to restore function
- Surgery if conservative treatment is not effective, significant damage or rupture of biceps muscle, particularly the long head of the biceps

***Please confirm your appointments electronically so we know you are coming, and please continue to call our office if you need to reschedule. We have a \$50 no show/less than 24 hour cancelation fee. ***

