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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Tendinitis Workshop

Traverse City – Tendons are flexible, tough, fibrous bands of tissue that connect muscles to bones. Tendinitis results from tendons becoming inflamed, irritated or undergoing microscopic tears. It can occur in almost any area of the body where a tendon connects a bone to a muscle. Anyone can get tendinitis, but it seems to be more common in adults, especially those over 40 years of age. As tendons age, they are less elastic, become weaker and tolerate less stress, making the older population more susceptible to tendinitis.

Join a Tendinitis Workshop, presented by FYZICAL Therapy and Balance Centers, on Tuesday, June 27, 3:30 p.m., at the Traverse City Senior Center, 801 E. Front Street. In the workshop, participants will find out how to put an end to troublesome tendinitis – find out what the most common tendinitis problems are, along with prevention strategies, causes and cures of tendinitis. Participants will also learn what is new and state-of-the-art tendon treatment, which can help make the pain go away!

Presenters are Rex Holden, a Physical Therapist and co-owner of FYZICAL Therapy and Balance Centers, and Beth Dole, a Clinical Exercise Physiologist and Certified Athletic Trainer.

The workshop is free, but advanced registration is required.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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