

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers

# NEWSLETTER

POWERED BY



**Southwest Sport & Spine Center, Inc.**  
*"Powerful results to get you BACK into action."*

## HAVE YOU SUFFERED A WORK INJURY?

PHYSICAL THERAPY CAN HELP



### INSIDE:

- Proven Steps To Reduce The Chance Of Injury
- We Make It Easy To Leave A Review!
- 5 Health Tips For The Beginning Of The Year
- Patient Success Spotlight

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## ATHLETIC TRAINING CAN HELP PREVENT YOUR TACTICAL WORKER INJURIES



Have you been struggling to get back to normal after rolling your ankle? Do you notice your back is affecting the most simple tasks? At FYZICAL, our physical therapists, occupational therapists, and athletic trainers specialize in treating tactical workers. We understand the training and commitment needed to perform your job and, most importantly, keep you doing what you love! Whether you are in the military, police, or fire department, the job puts you at risk for injury to almost any joint in the body. We have the expertise to help you get and keep your body performing at your peak potential so you can handle the demands of being a first responder.

At FYZICAL, our therapists can help you recover from an injury and learn preventative strategies to prevent future problems. Request an appointment today and know what you can do to prevent injuries and improve your overall health and performance!

**Most common injuries a tactical worker faces.** The intense training and duties on the job make a first responder susceptible to acute traumas and overuse injuries. The job requirements are so vast and unpredictable that there is no way to account for all potential injuries at a given time. There are, however, some typical injuries that can be minimized and, at times, prevented. The most common injuries associated with tactical workers include:

- Ankle sprains
- Knee pain/injury
- Shoulder dislocations
- Low back pain, including herniated discs
- Overuse injuries including tendonitis (i.e., elbow, shoulder, and knees)

Attending a comprehensive physical therapy program is the first step in injury prevention. Too often, tactical workers will put the job ahead of their physical well-being and ignore minor issues that, when left untreated, become more severe and limit their ability to work altogether. At FYZICAL, our team can help work with you to modify your training regimen to decrease your risk of injury and lost time working from injury.

**How to prevent injuries.** If you've suffered an injury in the past or want to prevent them in the future, schedule time with one of our physical therapists, occupational therapists, or athletic trainers today. The most important step is educating yourself about what works and implementing it into your routine. Some of the most important, proven steps to reduce the chance of injury include the following:

**Get proper sleep:** Due to the nature of being a first responder, rest is one of the first things to be put on the back burner. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves.

**Strength training:** Strengthening is one of the most effective strategies you can do to help stay injury-free. The stronger you are, the fewer your injuries to muscles, tendons, and joints will be. Our bodies are more tolerant of heavy workloads and recover faster when we work out regularly. In addition, your body can recover from an injury when you are physically fit before the injury.

*(continued inside)*

## PROVEN STEPS TO REDUCE THE CHANCE OF INJURY

(continued from outside)

**Nutrition matters:** Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level. Eating poorly also makes you more susceptible to injuries and may increase your overall risk.

**Resolve old injuries.** Multiple research studies have concluded that having a pre-existing injury makes you more susceptible to making the condition worse or developing a new injury. Instead of working through or ignoring pain/injury, it is more beneficial to seek help and resolve the situation once and for all.

**What to expect in physical therapy.** At FYZICAL, we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. This will start with analyzing how your body moves and assessing your range of motion and strength. In addition, we will also examine your soft tissue and joints to understand better why you are hurting. We will use the information gathered at your evaluation to help identify mobility deficits, weaknesses, or other impairments that make you more susceptible to injuries.

Our comprehensive assessment helps determine if you have an injury or are compensating due to an underlying issue. We will also take note of any painful areas and focus closely on those to get to the root of the problem. Next, your physical therapist will develop a plan to help resolve any injury or compensatory patterns and work with you on a program



to reduce your risk of future injury significantly. This may include manual therapy, techniques, therapeutic exercises, or any of our additional services that your physical therapist deems essential for your recovery. You will also be sent home with some helpful tips and practices that you can do on your own to help minimize your risks of future injury and keep you doing what you love pain-free!

**Request an appointment today.** At FYZICAL, our team treats tactical workers. We will use proven strategies to resolve old injuries and give you the tools to prevent new injuries. **Call today to request an appointment with one of our specialists!**

Sources: <https://link.springer.com/article/10.2165/00007256-200131140-00003>  
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(this will take you directly to our Google Review page)
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### A great team has been working with me since I started physical therapy!

"Since I started working with Andy, I've had great improvements in my arm and shoulder. I regained the range of motion in my shoulder and improved strength in my arm. A great team has been working with me since I started physical therapy. They keep coming up with a new game plan to help me make improvements every week."

## HEALTHY RECIPE: SMOKY VEGAN BACON



### INGREDIENTS

- 1 large carrot
- 2 tablespoons maple syrup
- 1 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/8 teaspoon salt
- 1/8 teaspoon liquid smoke
- 2 tablespoons olive oil

### DIRECTIONS

With a mandoline or vegetable peeler, cut carrot into long, thin strips. In a shallow bowl, whisk maple syrup, paprika, garlic powder, onion powder, salt and liquid smoke. Dip carrot slices into syrup mixture, allowing excess to drip off. In a large skillet, heat oil over medium heat. Cook carrot slices in batches until browned, 4-6 minutes, turning once.

Source: <https://www.tasteofhome.com/recipes/smoky-vegan-bacon/>

## 5 HEALTH TIPS FOR THE BEGINNING OF THE YEAR



**1. Shop Well For Yourself.** It is more important than ever to stock your kitchen with healthy foods. Have healthy snacks handy. The more convenient they are, the more likely you are to eat them. Instead of thinking about what you shouldn't eat, promise to eat your 3 to 5 servings of vegetables each day.

**2. Schedule Your Exercise.** Your schedule will be very hectic this year, like every year. Schedule your workouts just as you would any other appointment. It's okay if you can't make it to class, but make sure that you get some activity in at least three days per week.

**3. Just Say No.** You probably aren't aware how much extra food you consume just from people offering it to you. A sample at the market here, an extra cookie at an office party there and it all adds up. Just think twice before you take that food and decide if you really want it.

**4. Skip the Baking.** Do you make baked goods for giving? Chances are you eat much of what you bake. Who wouldn't? Instead make non-food gifts, or prepare ingredients for baked goods and put them in pretty jars—this year, let your gift recipient bake it up. That way, they can eat it when they want it and you don't have to be tempted in the kitchen.

**5. Hydrate.** Keep your water bottle with you at all times. You should be drinking eight, 8-ounce glasses of water each day. One handy trick is to buy a 64 ounce water jug. Fill it up in the morning and know that you need to finish it by the end of the day.

