

THE



FYZICAL®
Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



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



HAVE YOU SUSTAINED A CONCUSSION WHILE PLAYING SOCCER? PHYSICAL THERAPY COULD HELP

INSIDE:

- What Steps Should Be Taken To Recover From A Concussion?
- Healthy Recipe
- Patient Success Spotlight
- We Make It Easy To Leave A Review!

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YOU CAN RECOVER FROM A CONCUSSION NATURALLY WITH PHYSICAL THERAPY



What is a Concussion? The general definition of concussion means the act of forcefully shaking or jarring. A sports concussion is a type of mild traumatic brain injury (mTBI) caused by a shaking or jarring of the brain. Concussions are fairly common in athletes, especially those who play soccer. If you've recently sustained a head injury that has resulted in a concussion, give FYZICAL a call to schedule an appointment to have your condition evaluated and treated.

Are concussions serious? Sports concussions are described as "mild" traumatic brain injuries because concussions are not usually life-threatening. However, concussions are brain injuries and can lead to serious long-term consequences if not managed correctly by a qualified healthcare professional. According to a study published in the National Library of Medicine, "soccer is a sport not traditionally identified as high-risk for concussions, yet several studies have shown that concussion rates in soccer are comparable to, and often exceed those of, other contact sports. As many as 22% of all soccer injuries are concussions."

Symptoms of a concussion. Concussions are a fairly common injury, but many people are unaware of exactly what happens when one gets a concussion. A sports concussion can occur with a bump, blow or jolt to the head or the body which causes the brain to move within the skull. This movement causes the brain to hit the inside of the skull or stretch which can result in a change in brain cell chemistry and structural injury from cell stretching. One example of a traumatic jolt occurring could be when two soccer players run into each other headfirst, or if a soccer ball slams into the side of a player's head during the game. Concussions can result in a number of unfortunate symptoms, such as:

- Visual abnormalities
- Slurring of speech
- Memory loss and confusion
- Nausea and vomiting
- Inability to focus
- Dizziness
- Fatigue
- Painful and chronic headaches/migraines
- Sensitivity to light and sound
- Ringing in the ears

If you are experiencing any of these symptoms, you may have a concussion, and it's in your best interest to contact a FYZICAL physical therapist for an evaluation!

Why it's important to treat concussions quickly. Not effectively treating a concussion right away can lead to some serious health risks. In severe cases, concussions can result in brain bleeds that require emergency medical treatment. In cases such as this, your condition will be treated at the hospital ASAP. Delayed treatment can also lead to conditions such as post-concussion syndrome. Post-concussion syndrome is a serious condition that can last for several months, even without posing obvious symptoms. People who have post-concussion syndrome may experience bouts of dizziness, vertigo, or persistent headaches, that will not go away without treatment.

If you believe you have sustained a concussion during the game, the best solution is to seek the help of a medical professional right away to avoid the risk of worsening the concussion. With the help of physical therapy, you can receive the necessary treatment for your specific needs.

WHAT STEPS SHOULD BE TAKEN TO RECOVER FROM A CONCUSSION?



- Vision issues that can be combatted with ocular motor exercises
- Issues with blood pressure & heart rate (autonomic dysregulation).

Treatment for sports concussion consists of rest and changes in daily activities in the initial stages of recovery. Activities or environments that provoke symptoms should be avoided and may include loud music, television, smartphone use, and video games. Getting plenty of sleep and naps during this stage of healing is very important in the recovery from a concussion. A gradual return to symptom-free physical activity is appropriate when the patient's symptoms begin to improve. Guidance from a physical therapist is very important during this stage of recovery. Physical therapists can evaluate and manage possible inner ear conditions associated with head trauma, balance deficits, neck pain, headaches, dizziness and appropriately pace a return to cardiovascular activity.

The final phase of concussion recovery includes a graded return to play protocol that slowly progresses from light activity to full participation in order to be cleared for a full return to their game. This phase is not initiated until a patient has already returned to learning in school without accommodations or performing at their prior level of professional achievement at work, and does not experience symptoms with everyday tasks. Physical therapists are qualified to progress a patient through a return to play protocol and work with the physician for final clearance.

Physical therapy for sports-related concussion recovery. Physical therapists play an important role on a concussion management team. Physical therapists know how to evaluate and treat many aspects of a concussion that may include:

- Dizziness that may arise from a neck issue (cervicogenic dizziness)
- Balance deficits
- Neck pain
- Headaches that are referred from the neck
- Vertigo from an inner ear condition (benign paroxysmal positional vertigo)

Physical therapy plays a vital role in helping to progress athletes through a graded return to play. The normal recovery time from a concussion varies from person to person and past concussion recovery time does not predict future recovery time. The patient's signs/symptoms and course of recovery depend upon the location of the mild brain injury and the severity of their injury. Physical therapy is a great way to receive education for your or your child about preventing a variety of sports-related injuries, including concussions. A physical therapist may also give you pointers on how to avoid head injuries, such as refraining from heading the ball.

The National Library of Medicine study also states "Several measures must be taken to avert the development of concussions in soccer and, when they take place, reduce their effects. These include the development and testing of effective equipment during play, the maintenance of regulatory standards for all such equipment, educating young athletes on the safe and appropriate techniques used during play, and strict adherence to the rules of competition."

Let a physical therapist help you in recovery. Soccer is a great sport to watch and an even better one to play. If you or your child has sustained a head injury resulting in a concussion while playing the game, know that there are safe and effective options for recovery that can get you back on the field! **Give FYZICAL a call today to schedule an appointment, and let us help you return to the sport you love!**

Sources: <https://pubmed.ncbi.nlm.nih.gov/22120567/>

Mall Drive: 575-522-0766 | Locust Street: 575-521-4188 | Northwest El Paso: 915-875-1559

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HEALTHY RECIPE: PARMESAN-CRUSTED ZUCCHINI FRIES

INGREDIENTS

- 1/3 cup shredded Parmesan cheese
- 1/3 cup panko (Japanese bread crumbs)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/8 teaspoon ground red pepper
- 1 large egg, beaten
- 3 small zucchini (1 1/4 pounds)



- Cooking spray
- 1/2 cup tomato-basil pasta sauce

DIRECTIONS

Preheat oven to 450°. Combine Parmesan cheese, panko, garlic powder, basil and red pepper in a small shallow bowl. Place egg in a separate shallow bowl. Trim ends from zucchini; cut each zucchini in half crosswise. Quarter each zucchini half lengthwise to make 24 zucchini sticks. Dip zucchini in egg; dredge in panko mixture; pressing to coat. Place zucchini on a baking sheet coated with cooking spray. Coat tops of zucchini with cooking spray. Bake at 450° for 20 minutes or until golden brown. Serve immediately with pasta sauce.

PATIENT SUCCESS SPOTLIGHT



I definitely would have not been able to get through everything without the whole team there!

"FYZICAL has helped me through tough times throughout my treatment. They were there for me at my lowest when I had found out I had to put my soccer career on hold for 6 months. Ever since that first visit, they made me feel welcomed and even comforted me when I felt like I wouldn't get back to the same soccer player I was before the concussion. Since then I've had more concussions and every time I've gone to them for help they have no hesitation taking me in. Kennen and Alex have been a huge help throughout the whole process with any injury or mental battle I've had. I definitely would have not been able to get through everything without the whole team there and the program they made for me to get back on the field better than ever. They have become more than just my physical therapist team and I will forever be grateful for all of them." - Kayla



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HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for Physical Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2022.

Call us today at Mall Drive: 575-522-0766, Locust Street: 575-521-4188, or Northwest El Paso: 915-875-1559 to schedule an appointment with one of our physical therapists. We'll guide you to affordable treatments that will place you one step closer to pain relief.

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