

THE



FYZICAL
Therapy & Balance Centers



MARCH, 2022

NEWSLETTER



SPORTS INJURIES & POST-SURGICAL REHAB

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MARCH, 2022



SPORTS INJURIES & POST-SURGICAL REHAB

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call us today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

What are the most common sports injuries?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason for people seeking help.

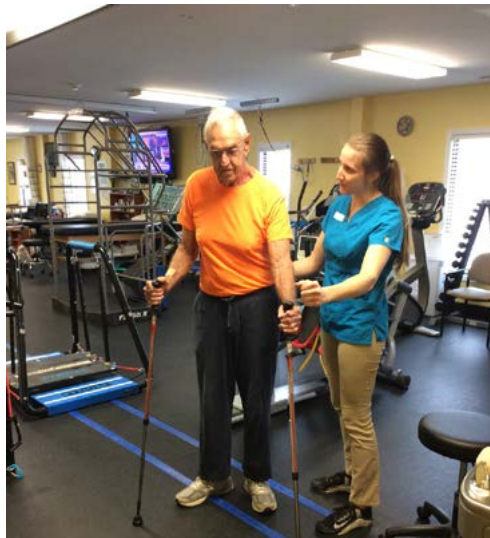
It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physical therapist will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing or hope it gets better on its own.

What is the difference between a sprain and a strain?

SPRAINS:

A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.



These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

STRAINS:

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.

(Continued Inside)

PHYSICAL THERAPY CAN HELP YOU RELIEVE SPRAINS OR STRAINS



How physical therapy can help with a sprain or strain injury:

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

What to expect in physical therapy:

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

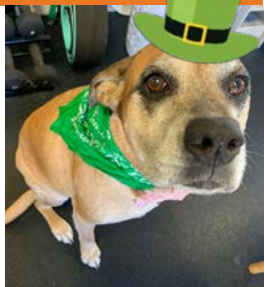


- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- Foam rolling is an effective way to warm up tissue without negatively affecting performance.
- Strength training can keep the joints supported and the muscles and tendons resilient.
- Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
- Hydration is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

KC'S CORNER

Hey everybody, I hope you're doing great! I'm here to talk to you guys about how we can help you with post surgical recovery and sports injuries! There is so much we can do for you that will help fix any issues or pain you may be experience, we focus on opioid pain relief here! We offer braces, custom orthotics and many products that can reduce pain and inflammation in the body! Dry needling, laser therapy, exercising, stretching, massage, micro-impact plate and so much more can help you recover faster and reduce risk of further injuries. If you have any questions about how we can help today give my people a call!



WORD SCRAMBLE

Directions: Rearrange the letters below to reveal a physical therapy term. Write your guesses on the blanks below!

ulastkscmeloelu

Once you've written in your guesses, check under the patient success spotlight for the answers.

INCREDIWEAR AT FYZICAL



Incrediwear's wearable anti-inflammatory therapy is designed to increase circulation, relieve pain and swelling, restore mobility and accelerate recovery from injuries, Osteoarthritis and surgical intervention.

Pain relief can be achieved as easily as wearing a knee sleeve consistently! At a fraction of the price of surgery, the Incrediwear Knee Sleeve is an effective nonsurgical treatment for knee pain. However, the results are best when the nonoperative pain management is done at early sign of the symptoms. Alternatives to surgery are preferred from both the patient and practitioner perspective. After years of trying to decrease pain it can feel like a patient's only option but it is possible to delay or could potentially replace the need for surgery altogether!

The Science Behind the Fabric

Unlike compression products, Incrediwear products do not need to compress to work. Instead, our technology incorporates the semiconductor elements (Germanium and Carbon) within our fabric that release negative ions when stimulated by body heat. The negative ions activate cellular vibrations that increase blood flow and speed. Increasing circulation helps bring more oxygen and nutrients to the target area, which optimizes the body's natural healing process and accelerates post-operative recovery.



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1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our review page)
3. Tell us how we did!



Patient Success Spotlight



"I am very impressed with the quality of care and the welcome relaxed friendly atmosphere. From my 1st encounter on the phone with Susan, I felt relaxed and welcomed. I went for a knee issue from hiking from Nov. 12 - Dec. 15, 2021. I returned Dec. 28 for an elbow/arm/wrist issue due to a fall in Paris Mtn. I have spent most of my time with Hannah who is by far the best at deep massage for my painful elbow! Highly recommend." - **Anonymous**

EXERCISE ESSENTIALS

BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together. Next, slowly let your knees lower towards the floor until a stretch is felt at your inner thighs.



HOW ARE WE DOING?

WIN A 3-PACK OF DEEP TISSUE LASER THERAPY!

We're so thankful for all of you, We hope you feel the same about us too! Tell the community to come our way, There's no better time to start than today!

If you leave us a Google Review, you will be entered into our raffle!