

THE



FYZICAL[®]

Therapy & Balance Centers



SEPTEMBER, 2022

NEWSLETTER



INSIDE:

- Drug-Free Pain Relief:
Biomedical Dry Needling
- Healthy Recipe:
Watermelon Cucumber
Lime Refresher
- Ellie's Editorial

GET RELIEF FOR YOUR
SPORTS INJURY AND
GET BACK
IN THE GAME!

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GET RELIEF FOR YOUR SPORTS INJURY AND GET BACK IN THE GAME!

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game. Thankfully, at FYZICAL Traveler's Rest, our physical therapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physical therapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

What are the most common sports injuries?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

- **Acute trauma:** A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.
- **Repetitive/overuse injuries:** Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury. Acute injuries are caused by a single specific incident, such as:

- **Sprains:** injuries to ligaments
- **Strains:** injuries to muscles
- **Fractures:** injuries to bones



- **Tears:** injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

Some examples of overuse injuries include:

- Tendonitis
- Bursitis
- Shin splints
- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, FYZICAL Traveler's Rest can help you find relief!



www.FYZICAL.com/travelers-rest

HOW PHYSICAL THERAPY HELPS SPORTS INJURIES

How physical therapy can help

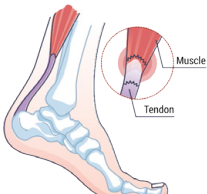
Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physical therapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury. The overall goals of physical therapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!



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Contact us today!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At FYZICAL Traveler's Rest, our physical therapists will help you get started on the right track toward returning to the sport you love! Don't waste any more time on the sidelines — call us today.

Sources: <https://link.springer.com/article/10.2165/00007256-200131140-00003>; <https://www.dkinjuryclinic.com/v2/wp-content/uploads/2020/10/3-4-74-161.pdf>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5532190/>; <https://www.cdc.gov/nchs/data/nhsr/nhsr099.pdf>; <https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics>; <https://orthoinfo.aaos.org/en/diseases-conditions/sprains-strains-and-other-soft-tissue-injuries/>

BIOMEDICAL DRY NEEDLING



Dry needling is based on targeting the muscle tissue with the goal of reducing pain, swelling and restoring function. Dry needling is a treatment performed by our skilled physical therapists who are certified in the procedure! There is no extra cost for this, it would be included in your specific treatment plan provided by your physical therapist during one-on-one appointments!

How does it work? Many people question the difference between dry needling and acupuncture. While dry needling does use the same needles as acupuncture, they focus on two totally separate aspects of the body. Acupuncture focuses on energy pathways while Dry Needling directly targets your muscular system. **Biomedical Dry Needling** involves placing a small needle into the muscle at the trigger point in order to cause the muscle to contract and then release, improving the flexibility of the muscle and therefore decreasing the symptoms over time. This will cause an increase of blood flow to the targeted area which aids healing while releasing natural "feel good" chemicals such as serotonin and endorphins. Please contact our office today if you have any questions or would like to schedule!

Dry Needling Benefits

- Non – Opioid Pain Relief!
- Reduced Pain
- Reduces Swelling
- Faster Recovery
- Ability to move freely again

www.FYZICAL.com/travelers-rest

Calling All Golfers!



We can help with:

- Golfers elbow
- Shoulder pain
- Perfecting your swing
- Exercises for golf

We can help with tennis injuries & performance improvement, too!

HEALTHY RECIPE

WATERMELON CUCUMBER LIME REFRESHER



Per each serving:

- 3 cups watermelon, cubed
- 2 limes, juiced
- ½ cucumber, diced

Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Save the pulp to make pulp muffins!)

Source: www.tasty.co/recipe/watermelon-cucumber-lime-juice

Patient Success Spotlight



"Brett and the team has helped me tremendously to get back to playing soccer."

"I had an ACL and meniscus repair surgery due to playing soccer. Brett and the team has helped me tremendously to get back to playing soccer. I went through in detail with my physical therapist everything I was experiencing and it feels like family. I would highly recommend Russell Fyzical Therapy!" – **Ugur S.**

ELLIE'S EDITORIAL



Hello everyone! My name is Ellie. KC reached down from heaven and placed me into my perfect new home. I love everyone in the office and can't wait to meet you all! SPEAKING of seeing me, if you call to schedule a new evaluation whether it be for strains, sprains, getting back to tennis or golf, inflammation or general balance/strength training — our team is here to help you! I'm still learning; I'm not quite the expert in physical therapy like KC was yet but I'm working extra hard! Seeing all your new faces pushes me to work harder and I hope I can do the same for you! Schedule an appointment and come see me today! See you guys soon! – **Ellie**



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

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



FREE ORTHOTIC SOCKS