

THE



**FYZICAL**<sup>®</sup>

Therapy & Balance Centers



AUGUST 2023

# NEWSLETTER

A physical therapist in blue scrubs is using a laser device on a patient's knee. The patient is lying on a black treatment table. A laptop is visible in the foreground, displaying a software interface.

## **GET BACK IN THE GAME!**

### **GET RELIEF FOR YOUR SPORTS INJURY**

## **INSIDE:**

- Home Exercise to Help Prevent Shin Splints
- Treatment Spotlight: Deep Tissue Laser Therapy
- Patient Success Spotlight

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## 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 Travelers 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.

Contact FYZICAL Travelers Rest today to consult with one of our physical therapists.

### ***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



# RECOVERING FROM A SPORTS INJURY

most common ways in which sports injuries can occur are:

1. **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.
2. **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 Travelers Rest can help you find relief!

## 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!

## Contact Us Today!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At FYZICAL Travelers Rest, our physical therapists will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team!

**(864) 668-6985**



Scan to book!



## At-Home Exercise

### ANKLE ALPHABETS Helps prevent shin splints

Start by sitting up straight in a chair. Raise one leg out in front of you. Slowly write the letters of the alphabet with your foot, only moving at your ankle joint. Repeat 3 sets, 10 reps each.



Always consult your physical therapist before attempting an exercise you are unsure of.

Sources: <https://link.springer.com/article/10.2165/00007256-200131140-00003>; <https://www.dkinjuryclic.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/>

## TREATMENT SPOTLIGHT

### Deep Tissue Laser Therapy

Deep Tissue Laser Therapy is clinically proven to reduce pain and restore mobility. Deep Tissue Laser Therapy stimulates cellular metabolism, which speeds up the healing process. Laser Therapy is clinically proven as an effective treatment for pain and inflammation. It is able to penetrate to deep tissue structures and has the ability to treat a wide variety of both acute and chronic conditions. Research has shown unique benefits to Deep Tissue Laser Therapy, including improving localized blood circulation, reducing inflammation and/or edema, stimulates wound healing and tissue repair, stimulates nerve function, and develops collagen and muscle tissue. These benefits stimulate healing and result in faster recovery times!

#### What Does Deep Tissue Lightforce Laser Therapy Help With?

- PAIN AND INFLAMMATION!
- Strains and Sprains
- Post-Operative
- Sciatica
- Arthritis
- Soft tissue swelling
- Carpal Tunnel Syndrome
- Wound healing
- Fibromyalgia
- And much more!

#### Alternative to Drugs and Surgery — Non-Opioid Pain Relief!

The non-invasive nature of Deep Tissue Laser Therapy provides a solution for those who are looking for alternatives to prescription drugs and surgery.

#### What to Expect

Patients feel a soothing warmth as laser energy gently penetrates tissue and boosts your body's own regeneration powers to relieve your pain. Results can be immediate or could take multiple sessions depending on what you are having treated. Treatments are painless and fast, only about 5-10 minutes!



## Patient Success Spotlight



"I recently started therapy here after having to do in-home health PT and OT for months. I was so nervous. At first I dreaded it because I was nervous and anxious. Now, I'm excited when my therapy days come because the workers at Russell actually REALLY care about their patients. They listen to you when you go in and they work with you to help you achieve YOUR goals! They have a lot of different equipment and I'm excited that even in my wheelchair, I'm able to bike! 😊"

I'm beyond grateful for this place." ❤️ — April R.

## ELLIE'S EDITORIAL



Hey! I hope everyone has been having a great time lately and staying cool as best you can! Summer is getting closer to the end but we should still spend as much time as we can staying active! This is just a reminder even if you're healthy, physical therapy never hurts to get some



extra strength training, balance training and get some new stretches and exercises under your belt! We are here to help you every single step of the way! Love to you all!

— Ellie

## HAS YOUR PAIN RETURNED? COME BACK TO PT!

CALL US TODAY!  
(866) 668-6985

[www.FYZICAL.com/travelers-rest](http://www.FYZICAL.com/travelers-rest)