



NATIONAL

Physical
Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



SEE INSIDE FOR A DELICIOUS &
HEALTHY LUNCH RECIPE!



HOW YOU CAN AVOID SURGERY AFTER A *Sports Injury*

INSIDE:

- GET BACK IN THE GAME FASTER WITH NATIONAL PT!
- SUCCESS STORIES
- HEALTHY RECIPE

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HOW YOU CAN AVOID SURGERY AFTER A *Sports Injury*

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 National Physical Therapy 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.

Are you suffering from arthritis pain? Call us today!

GET BACK IN THE GAME FASTER WITH NATIONAL PT!

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.

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.



Try This Healthy Recipe

BBQ CHICKEN TORTILLA PINWHEELS

INGREDIENTS:

- | | |
|---------------------------------------|--|
| • 8 oz cream cheese, softened | diced |
| • 1 c (4 oz) grated mozzarella cheese | • 1/2 c packed chopped fresh cilantro leaves |
| • 1/2 c barbecue sauce | • 1/2 c finely chopped red onion, optional |
| • 2 c diced chicken | • 1 tsp garlic salt |
| • 8 ounces bacon, cooked & | • Freshly ground black pepper |
| | • 4 10-in flour tortillas |

INSTRUCTIONS: In a large bowl, combine cream cheese, mozzarella, barbecue sauce, diced chicken, bacon, cilantro, onion (if using), garlic salt, and pepper until well-blended. Smooth the top of the cream cheese mixture in the bowl and use a butter knife to mark an "X" over the surface, thereby dividing it into equal fourths. Scoop 1/4 of the mixture out of the bowl and

spread it over the entire surface of a tortilla. Roll up tightly. Repeat with the other three tortillas. Wrap each roll in plastic wrap and refrigerate until firm, at least 1 hour up to overnight. Use a sharp knife to cut rolls into 1/2-inch slices and serve.

Source: <https://www.fivehearthome.com/bbq-chicken-tortilla-pinwheels-appetizer-recipe/>

What you can 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.

Contact us for an appointment

At National Physical Therapy, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

SUCCESS STORIES

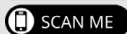
"I have just completed three months of treatment at the Brockton location for a sports injury and I would recommend this clinic to anyone in need of physical therapy. Kathrine and Ron are knowledgeable, professional, and friendly. They listened to my concerns, understood my goals, and developed a plan that treated my injury, and will help prevent it from reoccurring. I highly recommend National Physical Therapy."



CALL THE CLINIC NEAREST YOU TO SCHEDULE AN APPOINTMENT, OR SCAN TO BOOK!

Holbrook 781-549-9574 **Fall River** 508-928-5368 **Hanover** 781-412-1471

Brockton 508-928-5117 **Stoughton** 781-412-1594 **Mansfield** 781-412-1280



HAS YOUR PAIN COME BACK?

- 1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
- 2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.
- 3 Call National Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

MONTHLY EXERCISE

Seated Extended Heel Pumps

Start by sitting upright in a chair with one leg extended out in front of you and your foot slightly off the ground. Drive your toes up toward your knee by flexing your ankle joint and hold this pressure for 5 seconds. Relax your foot. Repeat 3 sets, 5 reps each.



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Choose PT. Choose National Physical Therapy.