



BOOK NOW!



Physical Therapist-Approved TIPS FOR PREVENTING INJURIES

When was the last time you suffered an injury? Did you feel like your whole life had to come to a standstill while you worked through your recovery? While physical therapy at National Physical Therapy is a great way to rehabilitate after an injury, we know that *preventing* an injury is even better – and our therapists are here to show you how!

But first, let's all get on the same page about what an injury is. For many, "injury" conjures up major traumas: a sprained ankle or a broken bone. But minor injuries can be impactful, too.

For example, repetitive stress injuries are often the culprits behind those mysterious aches and pains you might experience from time to time. While you might be tempted to pass them off as just a nuisance, they're not something you have to live with. But more than that, because they weaken your muscles and can throw off your biomechanics, they can set you up for a more serious injury.

Your best bet is to work to prevent injuries as much as possible. Below, our physical therapists share some of their favorite tips for avoiding an injury – including some of the ways we can help!

Seven Ways to Prevent Injuries Now

- 1. Sleep.** Getting a full night's sleep is one of the best things you can do to keep yourself free from injury, so practice good sleep hygiene (such as avoiding using screens before bed) and aim for 7-9 hours a night.
- 2. Hydrate.** Like sleep, staying hydrated is crucial to a healthy, injury-free lifestyle. While needs vary from person to person, 4-6 glasses a day is a good ballpark.
- 3. Eat Well.** Make sure you're eating properly for your needs, especially if you live an active lifestyle. Opt for nutrient-rich foods like fruits and vegetables, whole grains, and lean meats.
- 4. Warm Up.** Don't skip a good 10-minute warmup before engaging in physical activity—and we don't just mean workouts, either. Perform a mobility routine before engaging in physically demanding jobs and recreation, whether you're clocking in at a construction site or spending the afternoon weeding your garden.
- 5. Get Strong.** Incorporate strength training into your workout routines to help keep your body aligned and protect your bones and joints when you get moving.

*Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!*

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- 6. **Use the Right Equipment.** Using improper equipment can lead to ergonomic strains and outright injuries. If you're riding a bike, wear a helmet. If you're doing yard work, choose tools that fit your hands and body.
- 7. **Know Your Limits.** While it's great to be enthusiastic about a new hobby or workout program, it's also important not to do too much too soon.

Take Injury Prevention a Step Further With Physical Therapy

Physical therapy isn't just about recovering from injuries. In fact, injury prevention is a key component of our rehabilitation program. But did you know you can work with us to prevent an injury before it happens?

The National Physical Therapy physical therapists can offer their expertise to help you maximize those seven injury prevention tips above. Here's a sample of all that we can do:

- **Comprehensive Prevention Screens:** We can run you through several movement screens to help identify areas of weakness, impairment, or imbalance that might lead to injuries down the line. We'll evaluate your body's biomechanics as you walk, run, or perform other day-to-day movements—and then provide you with exercises to correct these issues.

Sources: <https://pubmed.ncbi.nlm.nih.gov/34099605/>; <https://bjsm.bmj.com/content/52/24/1557.abstract>

- **Reduce Your Fall Risk:** Falls are a significant source of injury, especially among older adults or people with certain neuromuscular conditions. We can develop a personalized fall prevention plan that will help improve your balance and walking patterns so you can move with confidence.
- **Find the Right Workouts for You:** Want to move more but aren't sure how to get started? We'll help you develop a fitness plan that addresses your abilities and interests, including guidance on starting slow and gradually building in intensity. We'll also show you how to use the proper form to avoid injuries.

Don't Wait Until You're Injured to Give Us a Call!

If you think you might be at a high risk of suffering an injury, request an appointment with National Physical Therapy. Whether you're planning an adventure vacation, starting a new physically demanding job, or simply struggling with day-to-day mobility, our therapists are here to help.

Call today to get started!

BOOK NOW!
Get Back to Enjoying Your Daily Life

EXERCISE ESSENTIALS

DYNAMIC HIP FLEXOR WARM UP STRAIGHT

Try this before your next workout.

Start by standing up straight with your arms straight by your sides. Step one foot forward slightly and place only your toes on the ground with your heel raised. Simultaneously raise both arms straight up over your head, push your hips forward, and lean back slightly. Step back and lower your arms. 3 sets, 10 reps, hold.



PT WIRED www.ptwired.com Always consult your physical therapist before starting new exercises.

HEALTHY RECIPE

GREEN SMOOTHIE

- 3/4 cup milk of choice
- 1 small frozen banana
- 1 tablespoon nut/seed butter of choice
- 3 cups baby spinach
- 2 scoops protein powder of choice

Combine all ingredients in a blender and blend until smooth.



<https://www.humnutrition.com/blog/post-workout-smoothie-recipes/>

Don't live with pain. Contact us today for relief!

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Choosing the Right Exercises for Your Warm-Up

One important way to prevent injuries is by warming up before engaging in any physical activity. But what exactly does that mean? What exactly should you do as your warm-up?

The idea behind warming up is pretty simple: it prepares your body for more intense physical activity. You move just enough to increase your heart rate and blood flow, which provides additional oxygen to your muscles so they're primed to start working. You also guide your joints and muscles through their range of motion so they can accommodate more intense movements.

A good warm-up should consist of light aerobic exercises combined with dynamic stretches that mirror whatever activity you're about to perform. One easy trick is to perform less intense versions of later movements:

- If you're lifting weights, perform the same lifts but with much lower weights (or no weight at all)
- If you're going for a run, try a light jog or a fast-paced walk
- If you're playing pickleball, do some side steps around the court combined with some arm swings

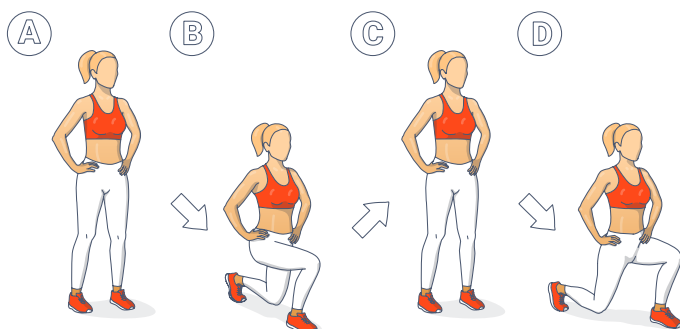
However, more general dynamic stretches work well, too. Here are some movements that can work well as warm-ups:

- Walking lunges and rotating right and left while lunging
- Walking butt kicks and straight leg kicks (Frankensteins)
- Deep squats with overhead reaching
- Simple Yoga flows (such as sun salutations)

Call National Physical Therapy for More Warm-Up Tips

Our physical therapists can show you tailored warm-up routines for all the physical activities in your life, from workouts to gardening to job-specific tasks. Call us to schedule an appointment today!

Walking Lunges



Sources: <https://www.nhsinform.scot/healthy-living/keeping-active/before-and-after-exercise/warm-up-and-cool-down/>; <https://www.health.harvard.edu/exercise-and-fitness/the-best-exercises-for-your-warm-up>

SUCCESS STORY

"I can't recommend this place enough! I came here with two torn ligaments in my ankle from playing softball. I'd been in pain and limping for months and now it feels like I never injured my ankle! My therapist was Jerry and he was great. He really knows his stuff and genuinely cares about his clients and helping them heal. The whole staff is really great. 10/10 – I would definitely come back if I ever needed PT again!"

– Kimberlee I.

TELL US HOW WE DID!

★ REVIEW US!



NATIONAL
Physical
Therapy

COME BACK TO PT!

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TO SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!

BOOK NOW!

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