



**connections**  
PHYSICAL THERAPY

**NEWSLETTER**

# HOW PHYSICAL THERAPY HELPS PREVENT INJURIES



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7 EASY WAYS TO PREVENT INJURIES ON YOUR OWN  
HERE'S WHAT IS HAPPENING AROUND OUR CLINIC!



## HOW PHYSICAL THERAPY HELPS PREVENT INJURIES



Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Connections Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Connections Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

**Call today to schedule an appointment with one of our experts!**

### How To Tell Injury From Normal Aches And Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your

body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

**Our goal is to help you reach yours!**

**Come back into our clinic for treatment  
and take a step towards better health.**

# COME BACK IN FOR PT!

# 7 Easy Ways To Prevent Injuries On Your Own

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

*In addition, your therapist will instruct you on the most effective injury prevention strategies, including:*

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.



## What To Expect In Physical Therapy

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

## Contact Us Today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Connections Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Sources:

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**Our Goal Is To Help You Reach Yours!**

Scan the QR Code to visit our website and schedule your appointment!

## EXERCISE ESSENTIAL PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Keep this leg straight, and hold in place for at least 2-3 seconds. Slowly lower and then repeat with the opposite side. Do not allow your spine to move the entire time. Slowly perform at least 10-15 repetitions.

*This exercise is designed for pain prevention.  
Call your therapist if you are experiencing any pain!*



# Here's What Is Happening Around Our Clinic!

This February, the physical therapists in our Westwood clinic at Fox Hill Village partnered with the personal trainers to present an interactive lecture and later on, a workshop on balance and fall prevention. At the balance workshop, 70 residents were screened for falls risk. Stations included a falls risk questionnaire, the 4 stage balance test, the 30 second sit to stand test, the Timed Up and Go test, and a chance to practice their skills on an obstacle course.

Residents were provided handouts with their outcome scores, and a copy of the STEADI tool to discuss with their primary care provider. They were each given a personalized recommendation based on their scores to seek group fitness classes, personal training, and/or a referral for physical therapy. Overall, it was a wonderful event with a great turn out, and the team at Fox Hill Village is looking forward to more events for our eager and active aging community!



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Call your nearest Connections  
Physical Therapy clinic to schedule  
your next PT appointment!