

NEWSLETTER

A photograph of a physical therapist in a grey polo shirt performing a massage or manual therapy on a patient's leg. The patient is lying on a table, and the therapist's hands are focused on the lower leg area. The background is a bright window with a view of a landscape.

SPORTS INJURY? YOU CAN AVOID SURGERY WITH PHYSICAL THERAPY

Inside: • Patient Success Story • Exercise Essentials

• Don't Let Pain Sideline You • Healthy Recipe

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NO PRESCRIPTION NEEDED!

Direct access is a law that allows patients to go directly to a physical therapist without the need for a doctor's referral or prescription.

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in Physical Therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.



DON'T LET PAIN SIDELINE YOU

The team at Arvada Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try Physical Therapy first before recommending any other procedures.

The licensed physical therapists and physical therapist assistants at Arvada Physical Therapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

(Continued on next page)



HEALTHY RECIPE: TRAIL MIX

Ingredients

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

Directions

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.

Text (720) 358-5385 to Schedule Your Appointment Today!

EXERCISE ESSENTIALS

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our Physical Therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Arvada Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

Preparing your body...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training



PATIENT SUCCESS STORY

"I had a partial tear of my plantar fascia and I needed PT so I looked around and found Arvada Physical Therapy. David is excellent! Highly recommend him if you need Physical Therapy. David is very knowledgeable and thorough. He treated my specific injury with absolute care. I am looking forward to getting back to my normal self. Thank you again, David!" -D.M.

Call (720) 222-9669 or visit ptprofs.com to schedule your appointment today!



ARCH STRETCH

Start with your foot flat against the floor, then flex your toes towards the ceiling, hold for 10 seconds, then flex your toes into the floor, and hold for 10 seconds. Repeat 5 times on each foot.

Exercises
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