



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



## KEYS TO INJURY PREVENTION & YOUR FAVORITE WINTER SPORT

[SugarLandPT.com](http://SugarLandPT.com)

**INSIDE:** Keys to Injury Prevention & Your Favorite Winter Sport • Tips & Tricks to Living a Balanced Life • Holiday Recipe • Workouts to Do from Home • Staff Spotlight



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## KEYS TO INJURY PREVENTION & YOUR FAVORITE WINTER SPORT

### CHECK OUT OUR MONTHLY VIRTUAL WORKSHOPS!

Are you interested in joining us for a virtual workshop? We offer two free workshops each month. Please visit our website below for upcoming dates and to register. We can't wait to help you get back to moving again!

[www.sugarlandpt.com/workshop](http://www.sugarlandpt.com/workshop)



WATCH OUR MOST RECENT WORKSHOP AT:

[fb.com/pg/firistcolonyaquaticandrehabcenter/videos](https://fb.com/pg/firistcolonyaquaticandrehabcenter/videos)

It doesn't matter if you're a competitive athlete, an amateur but committed gym-goer, or simply someone who's looking to enjoy a little sports and leisure from time to time. In order to get the most out of your training, avoid injury, and perform at your best (not to mention maintain a long, healthy, and active life), keeping your balance on point is essential!

For sports like snowboarding, where balance plays a leading role in safety, performance, and overall enjoyment, improving your ability to feel and control your body in space becomes instrumental. Let's take a look at a few special considerations for balance and gait as it relates to anyone in your life who loves some fresh powder.

#### Keeping Balance with Your Winter Activities

Being able to maintain your balance in a variety of activities and positions requires coordinated action of your vision, sensation, musculoskeletal system, and vestibular system. To help all these elements work together, it's helpful to train your core strength, arm and leg strength, stamina, endurance, flexibility, agility, and hand/eye coordination. Such improvements with your overall physical ability can translate into other sports and your life in general, especially as you age.

The following suggestions are some additional ways to improve your balance for snowboarding in particular (although any type of active person can benefit from them, too):

- Experiment with balance tools such as slack line, Indo boards, and Balance Bars
- Be sure to add in some single-leg exercises in the gym, including step ups, back and front lunges, jump rope, agility ladder drills, and single leg kettlebell deadlifts
- Start a regular practice of yoga or Pilates (these exercises also teach you many other essential components to balance, including mental focus and breathing)
- Consult with a physical therapist—these licensed and board-certified clinicians can offer sport-specific and individualized balance skills and drills, as well as range of motion and strengthening exercises which help you address your unique physical imbalances

Want to start a new exercise program? Consult with your physical therapist today at Sugar Land 281.325.0188 or Rosenberg 281.239.3838.

Learn more by visiting [sugarlandpt.com](http://sugarlandpt.com) or call to schedule your appointment today!



# TIPS & TRICKS TO LIVING A BALANCED LIFE

A few other strategies can be employed to increase your balance and physical health from a more general and holistic standpoint. Heed this advice for maximum well-being at any stage of life!

**1. Stand and walk more.** Sitting too much can weaken your core and lead to back pain, shoulder pain, neck pain, and other issues which can seriously disrupt a day on the slopes. Park your car far away from buildings, take the stairs, invest in a stand-up desk, and in general try to get some more movement in your day-to-day life. Increasing your physical activity doesn't always have to be about a hard hitting session in the gym or on your favorite trail!

**2. Get quality sleep.** We need solid quality and quantity of sleep in order to recover from workouts, repair our tissues, re-balance our hormones, and improve our brain power.

**3. Eat a balanced diet.** With the proper fuel, our bodies are primed for healthy tissues, faster recovery times between training, and a reduced risk of injury. Select foods that are rich in vitamins, minerals, antioxidants, essential fatty acids, good carbs, and quality protein, and avoid exposure to pro-inflammatory toxins like gluten, sugar, and alcohol.

**4. Focus on your mental health, too.** Find ways to spend your time more wisely and taking more time for yourself as needed. While developing mastery in any one area of life requires a lot of focus and dedication, it's still important not to neglect your health, relationships, or peace of mind. Consider things like journaling, meditation, art classes, cooking, and other relaxing activities which can help you spend time with loved ones or enjoy some quiet solo time yourself.

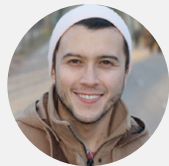
## Better Balance for the In-Season and Off-Season!

There is no point in your skiing or snowboarding season—or your life in general—where it's too late to start being more active! Do you need some help recovering from a sidelining injury? Curious about how improving your balance could help you have your best year on the slopes? Contact our physical therapy clinic today. We'd love to work with you and help you empower yourself with a better sense of balance in body and mind!

Contact us today (Sugar Land: 281-325-0188, Rosenberg: 281-239-3838) to schedule an appointment. We can teach you some preventatives to help keep your winter sport free of injury.

## SUCCESS STORIES

### What Our Patients Have to Say



**FF** *I wish there was a 10 star option to give Sean Hayes and his awesome staff. Sean aided me eight years ago when I had ACL surgery on my right knee. I was so impressed with his professionalism, knowledge, patience, and great sense of humor, that when I*

*needed rehab again this fall, I knew exactly where to come. From mid-August until today, Sean, Angie, Kaitlyn, Natalie, Megan, and Lyanne have done a superb job in getting me back to health. I also want to thank Tonia and Brie for always having a bright and pleasant smile when I checked in and scheduled my appointments. First Colony Aquatic and Rehabilitation Center is an awesome organization!!!” - J.L.*



## HOLIDAY RECIPE NO-BAKE CHOCOLATE PEPPERMINT BALLS

- 10 Tbsp cocoa powder
- 6 Tbsp maple syrup
- 1/4 cup almond butter
- 1/4 cup unflavored pea protein powder
- 1/2 tsp peppermint extract
- 1/4 tsp sea salt
- 2-4 Tbsp crushed candy canes
- 2-4 Tbsp dairy free chocolate chips (optional)

Put everything except the candy cane or cacao nibs, chocolate chips, and water into a bowl and mix well. Slowly add water if needed (You may not need any water if your almond butter is runny). Start with a teaspoon and slowly add until you get a well-mixed batter. If you add too much then the batter will be too soft to roll. Add the candy canes, cacao nibs, and chocolate chips and mix again. Allow to chill in the fridge while you clean up, then roll into balls.

# WORKOUTS TO DO FROM HOME

Watch our videos at: [youtube.com/user/aquaticrehabcenter](https://www.youtube.com/user/aquaticrehabcenter)

## LATERAL WALK | MINI BAND AT KNEES



### Use This Exercise to Strengthen Your Hips

Begin with a mini band placed above your knees and hips slightly back in an athletic stance. Step to the side, pushing through the grounding leg, and then actively pulling that leg back under the hip to continue moving in the same direction as many steps as directed by your physical therapist. Repeat in the other direction. Try to keep your hips level as you perform this exercise. Complete 3 sets of 10 repetitions.

## MONSTER WALK | MINI BAND AT KNEES



### Use This Exercise to Strengthen Your Hips

Begin with a mini band placed above your knees and hips slightly back in an athletic stance. Keeping tension in the band with feet hip to shoulder-width apart, step one foot forward. Step forward with the other foot. Continue walking forward, taking "monster" steps with your feet as wide apart as you can while moving forward. Repeat by walking backwards. Complete 3 sets of 10 repetitions.

*Always consult your physical therapist or physician before starting exercises you are unsure of doing.*



Special thanks to Kaitlyn and Natalie for their craftiness in helping Sean get ready for ski season!



Kaitlyn Villarreal  
PTA



Natalie Hager  
PT, DPT



## STAFF SPOTLIGHT: ANGIE MARTINEZ, PTA

Angie was born and raised in South Texas. She attended Texas A&M University where she earned her Bachelor's degree in Allied Health. After she graduated, she continued her education at Blinn College where she pursued a career as a Physical Therapist Assistant. Through her clinical rotations, she was placed at First Colony Aquatic and Rehabilitation Center where she was under Megan's instruction. Upon completing her education, she began her employment and has been with the company since 2018. Angie loves her job and is currently developing her focus on working with neurological patients.

In her free time, she enjoys playing volleyball, going out to dance, hanging out with her friends, and spending quality time with her family.

## NEW YEAR, NEW YOU! REFRESH YOUR LIFE IN 2021



With a new year comes a fresh start to an all new you! We will help you:

- Treat aches and pains so you can get the most from your work out
- Enjoy physical activities with family and friends
- Have more energy so you can be more productive

Our highly experienced team offers specialized treatment services for any pain, injury, or discomfort you may be feeling. Our goal is to empower you to get you back to living the life you deserve. Let us help you on your journey to becoming strong, healthy, and active.

**Call us to schedule your appointment today and get a head start on 2021.**