



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*The Key To Your
Foot and Ankle Relief is Here!*

INSIDE:

HOW PT HELPS SPRAINS AND STRAINS | POSTPARTUM ARTICLE



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KEEP YOUR BEST FOOT FORWARD!

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At First Colony Aquatic and Rehabilitation Center and Sports Therapy Center, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, First Colony Aquatic and Rehabilitation Center and Sports Therapy Center can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

A sprain happens when a ligament (the tissue that connects one bone to another bone) is stretched or torn. Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

There are three grades of sprains/strains that outline the severity of the injury.

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STAND YOUR GROUND. RECLAIM YOUR PAIN FREE LIFE!

Grade 1:

- Mild pain (Rarely Moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)
- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area

Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

GET STARTED ON YOUR RECOVERY TODAY!
CALL SUGAR LAND AT **281.226.9802**
ROSENBERG AT **281.559.7429** OR
SPORTS THERAPY CENTER AT **281.980.2997**



FirstColonyAquatic
and Rehabilitation Center

WHY ISN'T POSTPARTUM PHYSICAL THERAPY STANDARD PRACTICE? IT SHOULD BE.

Imagine that you just gave birth: You are exhausted, swollen, and adjusting to life as a new mom, and you are wondering (if it's your first) about all the new sensations you are feeling or (if it isn't) how this birth has been completely different from previous ones.

Now imagine you are told all this pain, leakage, and weakness is a "normal" part of your postpartum journey. It can be isolating and scary, and leave you with more questions than answers.

Most women (and men) hardly know what their pelvic floor does, let alone feel comfortable talking about it. But it is a vital part of our function, supporting our bowels, bladder, and sexual activity. And it is especially crucial during the "fourth trimester" immediately following childbirth, which is where the system often fails new moms.

This is when physical therapy can have a strong impact — during a time of healing, hormonal shifts, and altered body mechanics, when new mothers might be particularly vulnerable. Pelvic health physical therapy during that fourth trimester can empower them with skills they need to feel confident and protected. Physical therapists can offer guidance on when to return to therapy should their problems persist. We can give them the same care and support they had during their pregnancy.

Our goal has been to have a more open conversation surrounding pelvic health, to destigmatize the topic and empower women on their postpartum journey.

In our own journey to help mothers, we facilitated a program to see new moms at six weeks postpartum. After all, most patients who have had simple abdominal surgery automatically are referred for physical therapy; why not new moms? Postpartum care is not just important, it is crucial.

We are pelvic floor physical therapists who work in an outpatient center and focus on an external examination. Most often we see patients who had cesarean deliveries, experienced perineal tears, or who have given birth to multiples.

