



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*Get Relief For Your Sports Injury
And Get Back In The Game!*

INSIDE: COMMON SPORTS INJURIES | HEALTHY RECIPE | SPECIAL OFFER



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PUT SPORTS INJURIES BACK ON THE BENCH!

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game.

Thankfully, at First Colony Aquatic and Rehabilitation & Sports Therapy Center, our physical therapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physical therapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

Contact First Colony Aquatic and Rehabilitation & Sports Therapy Center today to consult with one of our physical therapists.

WHAT ARE THE MOST COMMON SPORTS INJURIES?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

Acute trauma: A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.

Repetitive/overuse injuries: Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Acute injuries are caused by a single specific incident, such as:

- **Sprains:** injuries to ligaments
- **Strains:** injuries to muscles

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GET BACK ON THE ROAD TO RECOVERY!

- **Fractures:** injuries to bones
- **Tears:** injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

Some examples of overuse injuries include:

- Tendinitis
- Bursitis
- Shin splints
- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, First Colony Aquatic and Rehabilitation & Sports Therapy Center can help you find relief!

HOW PHYSICAL THERAPY CAN HELP

Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physical therapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We

will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury.

The overall goals of physical therapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

CONTACT US TODAY!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our physical therapists will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team!

Call today to schedule a free screening today with one of our specialists. If we find significant issues during your free screen, we can schedule you for physical therapy with one of our therapists who specialize in sports.

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

SPECIAL OFFER

FMS OR SFMA FREE SCREENING

Scan or click below to sign up today!

FMS AND SFMA

Did you know there is a way to simultaneously reduce the risk of injury and enhance your physical performance? At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our team is highly trained and certified in the Functional Movement Screen (FMS) and Selective Functional Movement Assessment (SFMA). Which technique is right for you? Keep reading:

FMS SCREENING

The FMS assesses seven fundamental movements in daily life and quickly identifies dysfunctional patterns impacting your health and performance. While most compensations are not painful, they can hide a dysfunction that could increase the risk of injury.

Scan this code to sign up for your Free FMS Screening today!



Sugar Land
281.226.9802

Rosenberg
281.559.7429

SFMA SCREENING

The SFMA is used to identify deficits in joint range of motion, muscle flexibility, strength, and recruitment strategies causing your painful, dysfunctional movement. For people already experiencing pain, the SFMA focuses on underlying dysfunctional movement to find the root cause, not just the location of the pain.

Scan this code to sign up for your Free SFMA Screening today!



Sports Therapy Center
281.980.2997

MEET OUR FMS & SFMA CERTIFIED PHYSICAL THERAPISTS



JACKIE ALLEN, PT, DPT,
CLINIC DIRECTOR ROSENBERG
CERTIFIED IN FMS & SFMA



SEAN HAYES, PT,
CERTIFIED IN SFMA



RANDY S. CASTILLO, PTA,
CLINIC DIRECTOR SPORTS
THERAPY CENTER
CERTIFIED IN FMS



MEGAN ALLAHVERDIAN, PT, DPT,
CLINIC DIRECTOR SUGAR LAND
CERTIFIED IN SFMA

Request your free screening today, and let us help ensure you are prepared to do what you love with a comprehensive screening using the FMS and SFMA techniques!

HEALTHY RECIPE

WATERMELON CUCUMBER LIME REFRESHER



INGREDIENTS

- 3 cups watermelon, cubed
- ½ cucumber, diced
- 2 limes, juiced

INSTRUCTIONS: Add the watermelon, cucumber, and lime juice to a blender, and blend until smooth. Using a mesh strainer, strain the juice over a large liquid measuring cup to remove the pulp. Use a spoon to help stir the pulp and press out the liquid. (Reserve the pulp to make pulp muffins!)