



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*How PT Can Help You Avoid  
Volleyball Injuries This Season*

**INSIDE:**

MOST COMMON VOLLEYBALL INJURIES  
HAPPY BIRTHDAY SPOTLIGHT | SPECIAL OFFER



# NEWSLETTER

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## STAY HEALTHY ALL SEASON

Are you dealing with a nagging ankle sprain or sore shoulder from playing volleyball? Did you know there is a way to reduce the risk of sustaining an injury this volleyball season and enhance your performance simultaneously? At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our physical therapists use cutting-edge treatments to address any volleyball-related injury and get you back on the court competing at your highest potential!

Our team of therapists at our new Sports Therapy Center use Functional Movement Screens (FMS) and proven preventative strategies to identify risk factors associated with injuries and address them before the season starts!

We work with volleyball players of all ages and can help you or someone you love resolve any injury while simultaneously getting prepared for the upcoming season. At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our physical therapist has proven results working with volleyball players of all ages and skill levels. We know what it takes to reach your optimal performance and can help you achieve your goals!

Request an appointment today and learn more about our functional movement screenings and the programs we offer at our new Sports Therapy Center!

### WHAT ARE THE MOST COMMON VOLLEYBALL-RELATED INJURIES?

As more and more athletes participate in volleyball, the progressively higher volumes of play often lead to more injuries. Regardless of gender, the ankle sprain is the most common type of injury in volleyball. Some research indicates that it accounts for up to 40% of all volleyball-related injuries.

There are some differences in injury rates based on gender. For example, male players have higher rates of concussion injuries, whereas female athletes have a higher incidence of anterior cruciate ligament (ACL) injuries. The most common injuries for both genders are as follows:

- Ankle sprains
- Concussion
- Hand and wrist sprain/strain or fractures
- Shoulder injuries
- Knee sprain/strains (including ACL injuries)
- Trunk sprain/strains and back pain

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# TRAIN HARD, PLAY HARD

The demands of volleyball, especially when training and competition are year-round, can leave athletes susceptible to overuse-type injuries like tendinitis and even stress fractures. Jumper's knee (i.e., patellar tendinitis) and stress fractures are related to the pounding and repetitive jumping required in volleyball. In both cases, addressing mild issues makes it easier to resolve and prevent them from getting worse and ending a season.

At First Colony Aquatic and Rehabilitation & Sports Therapy Center, our physical therapists are highly skilled at treating all types of volleyball-related injuries so you can get back on the court sooner than later. Our team believes that prevention is a vital part of training, and we offer sports screenings and training programs to minimize the risk of injuries during practice or game day!

## WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSION

Our physical therapists can help volleyball players in a variety of ways. We will start with a biomechanical assessment and a movement screen (FMS) to identify all the factors that may put them at risk for an injury. The screenings aim to detect problems while simultaneously serving as a baseline to test for improvement. The screenings also help the clinician to develop an exercise program that addresses specific areas of weakness and/or restrictions.

Through this assessment, we will also check strength, balance, and coordination to give a complete picture of the athlete and their abilities. We will use this information to develop a comprehensive program that includes strength training, plyometrics, balance training, and coordination drills.

In addition, our specialists will consistently monitor the athlete's technique with feedback throughout to ensure they recover fully, prevent future injuries and maximize their overall physical performance.

Your physical therapist will then incorporate volleyball-specific

treatments to assist you in maximizing your training and preparing you for injury-free competition. Each program will include the "at-risk" situations common for most types of injuries, like how to properly decelerate, cut or change directions, and proper landing techniques.

Next, we will create a targeted, individualized plan of care for you to continue on your own, including in-season training, to maximize your recovery and prevent future injuries!

## REQUEST AN APPOINTMENT TODAY!

Participation in volleyball, especially year-round training and competition, has increased dramatically recently. Although this is good news for the sport, it also increases the risk of injury to the players.

Our physical therapists at First Colony Aquatic and Rehabilitation & Sports Therapy Center know how to identify an athlete's risks using FMS screenings and help them prevent training errors and overuse-type injuries. We can also help them resolve their injuries and, at our new Sports Therapy Center, help them train properly to maximize their physical potential!

Request an appointment today, and let us help ensure you or your loved one is prepared to play!

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

## HEALTHY RECIPE

### PUMPKIN SOUP



### INGREDIENTS

- 6 cup vegetable stock
- 1 ½ tsp salt
- 4 cup pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

### INSTRUCTIONS:

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

**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!**



## COME TO PHYSICAL THERAPY FOR FREE!

If you've met your annual insurance deductible, your out-of-pocket costs for therapy could be \$0. Call us today to schedule your appointment, and let one of our skilled physical therapists get you into the best shape possible!

## HAPPY BIRTHDAY SPOTLIGHT

We would like to wish a very happy birthday to 3 very important people here at First Colony!

October 21 - Kamille

October 22 - Kat

October 27 - Megan

