



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*How to Make Sure Basketball Injuries
Don't Keep You Sidelined This Season!*

INSIDE:

HOW PHYSICAL THERAPY CAN HELP BASKETBALL PLAYERS
HEALTHY RECIPE | SPECIAL OFFER



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HOW PT CAN KEEP YOU ON THE COURT THIS SEASON

Have you been struggling to get back on the court since rolling your ankle? Do you notice your knees still hurt every time you jump? At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we have physical therapists who specialize in working with athletes. We understand the training and commitment needed to compete. Most importantly, we can help you recover from an injury and learn preventative strategies to keep you doing what you love!

Basketball players can experience a multitude of injuries. Basketball is one of the most demanding sports on a player's knees, so much so a condition called "jumpers' knees" is one of the most common injuries both male and female athletes deal with at all skill levels.

Basketball players deal with injuries to their upper and lower bodies, from ankle sprains to jammed fingers. Injuries are part of the game—the physical demands of training and competing put ballers at risk for injury.

Fortunately, at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our therapists can help through the whole spectrum of care. We will use sports screenings (FMS or SFMA) to identify risk factors for injury and to design rehabilitation programs.

Call us today to schedule an appointment, and let us help keep you off the sidelines and out on the courts competing!

COMMON BASKETBALL-RELATED INJURIES

Globally, basketball is one of the most popular sports for both men and women. As the college season starts, the intense training needed to compete at a high level makes an athlete susceptible to overuse injuries, especially the Achilles tendons and tendons of the knees.

Women are more prone to injuries than men, but both genders experience the highest percentage of injuries to their knees, followed by ankles, lower back, and fingers (hand-wrist).

The most common basketball injuries include:

- Knee tendonitis
- Ankle and foot sprains
- ACL tears
- Wrist fractures and jammed fingers
- Cartilage injuries (i.e., shoulder, hip, and knees)
- Low back pain
- Achilles tendon strains or tears
- Concussions

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LET US ASSIST YOU IN ALL YOUR NEEDS

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our team of physical therapists will conduct sports screenings to identify any risk factors so you can modify your training program to decrease your risk of injury and maximize your performance.

The inability to control movement through the variety of activities typical in sports appears to be the most important reason for the higher rate of sprains and strains type injuries. There is also a relationship between training errors, poor mechanics, and overuse-type injuries.

It is also clear that athletes experiencing awkward or inappropriate body movements with inadequate muscle contractions often experience sports-related injuries. The typical mechanism of injury for most ligament and joint injuries is a quick but awkward stop, such as landing from a jump or a sharp cut to change direction.

Without the ability to coordinate and control movements during these activities, the athlete is more likely to get injured. Our team at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center can help regardless of your athlete's limitations and restrictions.

We will assess the athletes' ability to control movement with the SFMA and use the FMS to cross-reference any factor that may be contributing to injury. These tests allow our team to provide drills and exercises to maximize their ability and minimize the risk of injury!

HOW PHYSICAL THERAPY CAN HELP BASKETBALL PLAYERS

Our physical therapists can help in a variety of ways. We will start with an evaluation to identify limitations in strength and mobility that may be contributing to the injury. We may then utilize sports screenings (FMS or SFMA) to further identify limitations found in evaluation. In addition, we will conduct a thorough history to understand more about your training and the demands of playing on the body and your overall health.

We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening,

and any appropriate pain relief technique to promote accelerated recovery and future injury prevention.

Next, your physical therapist will incorporate basketball-specific treatments with a "return to sport" progression to assist you in a safe return to practice and competition. We will focus on your ability to coordinate and control your movements to restore function and prevent future injuries.

Every good therapy program will include injury prevention strategies that ensure you can jump, land, stop, and change directions to stay doing what you love.

REQUEST AN APPOINTMENT AT FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY CENTER TODAY!

Our team of physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center are experts at treating basketball-related injuries and have proven success treating athletes of all skill levels.

Call today to schedule an appointment with one of our specialists, and let us help you to achieve your maximum potential!

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

TOMATO SOUP WITH BEANS & GREENS



INGREDIENTS

- 2 (14 oz) cans low-sodium hearty-style tomato soup
- 1 tbsp olive oil
- 3 cups chopped kale
- 1 tsp minced garlic
- 1/8 tsp crushed red pepper (Optional)
- 1 (14 oz) can no-salt-added cannellini beans, rinsed
- 1/4 cup grated Parmesan cheese

INSTRUCTIONS: Heat soup in a medium saucepan according to package directions; simmer over low heat as you prepare kale. Heat oil in a large skillet over medium heat. Add kale and cook, stirring, until wilted, 1 to 2 minutes. Stir in garlic and crushed red pepper (if using) and cook for 30 seconds. Stir the greens and beans into the soup and simmer until the beans are heated through, 2 to 3 minutes. Divide the soup among 4 bowls. Serve topped with Parmesan.

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!

3 LEAF RAKING TIPS

1. If you can, rake downhill

Raking leaves is hard enough without having to go against gravity. Make this process a little easier on yourself by raking downhill.

2. Pull the leaves towards you as you rake

This technique helps keep stress off your back and prevents injury. For extra preventative measures, tighten your abdominal muscles as you move.

3. Divide your lawn into sections

If you're dealing with a huge lawn, don't overdo it by trying to tackle all the space in one day. Instead, divide your lawn into smaller, more manageable sections and spread the work out over a couple days.