



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*Resolve Your Sports Injuries
with Physical Therapy*

INSIDE:

WHAT ARE THE MOST COMMON SPORTS INJURIES?
HEALTHY RECIPE | SPECIAL OFFER



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today to make an appointment. With guidance from our physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

WHAT ARE THE MOST COMMON SPORTS INJURIES?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when

to rest and when to keep playing. Our physical therapist will assess the injury to determine the proper intervention for the sprain or strain.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?

SPRAINS:

A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.

These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

STRAINS:

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

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AVOID THE KNIFE AFTER AN INJURY

The recommended treatments for a strain and a sprain are similar in the acute stage, but begin to differ as treatment progresses. Early treatment may include but not be limited to (PRICE) protect, rest, ice, compress, and elevate. Then progressing to restoring mobility, strengthening, and over all decreasing pain. For a more severe tear, surgery may be necessary.

HOW PHYSICAL THERAPY CAN HELP WITH A SPRAIN OR STRAIN INJURY

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with a full evaluation to determine the intervention needed for the athlete. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

WHAT YOU CAN EXPECT IN PHYSICAL THERAPY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- Foam rolling is an effective way to warm up tissue without negatively affecting performance.

- Strength training can keep the joints supported and the muscles and tendons resilient.
- Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
- Hydration is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

CONTACT US FOR AN APPOINTMENT

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4732399/>

<https://pubmed.ncbi.nlm.nih.gov/24105612/>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics>

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



Sports Therapy Center
281.980.2997

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

LEFTOVER TURKEY SALAD



INGREDIENTS

- 1 cup leftover bread stuffing
- 4 tbsp extra-virgin olive oil
- ¼ cup leftover cranberry sauce
- 1 tbsp cider vinegar
- 1 tsp grated orange zest
- ¼ tsp salt
- ¼ tsp ground pepper
- 8 cups mixed salad greens
- 2¼ cups chopped leftover turkey
- 1 cup leftover roasted vegetables
- 3 tbsp dried cranberries

INSTRUCTIONS:

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add stuffing and cook, stirring, until crisp, 8 to 11 minutes. Set aside. Whisk cranberry sauce, remaining 3 tablespoons oil, vinegar, orange zest, salt and pepper together in a large bowl. Add greens, turkey and roasted vegetables; toss to coat. Sprinkle with the stuffing croutons and dried cranberries.



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!

2 FALL NUTRITION TIPS

1. Try to eat more root vegetables

The majority of root vegetables are available all year, but they are most ripe from fall to spring. During the cooler months, garlic, onions, ginger, turnips, carrots, sweet potatoes, beets, and parsnips provide plenty of flavor and nutrients.

Many root vegetables are high in folate, which is essential for cell growth and metabolism!

2. Make a hearty soup

Making a large pot of soup every weekend is a great way to improve your nutrition throughout the week. Soups, while they can take several hours to cook, usually require very little active time.

When it comes to recipes to try, your options are virtually endless. There's hearty bean soup, pureed root vegetable soup, winter squash soup, traditional chicken noodle soup, chili, and so much more! And with temperatures dropping, what tastes better than a warm stew?