



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



*Recover From Workers' Compensation
and No-Fault Injuries With PT*

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RECOVER FROM WORKERS' COMPENSATION AND NO-FAULT INJURIES WITH PHYSICAL THERAPY

Have you or someone you love been injured in a car accident? Or did you or someone you love get injured on the job? Get a referral to our clinic so we can help you get to the root of your problem and be back to living a pain-free life! At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists have proven results in helping people recover from all types of injuries.

According to the National Safety Council, there are nearly 13,000 work-related injuries daily in America. These injuries lead to, on average, 21 days of disability, where the worker cannot do their normal job duties.

In America, non-fatal car accidents are another significant cause of pain and disability from injuries. It is estimated that between two and three million people each year suffer injuries from car accidents, and 90% of those are passengers in the car.

Coming into our First Colony Aquatic and Rehabilitation Center & Sports Therapy Center clinic could mean the difference between complete recovery and persistent pain. We offer free Selective Functional Movement Assessment (SFMA) to identify weaknesses and mobility restrictions linked to increased risk of injury that help our clinicians develop programs to address any areas of limitations before they become a problem.

Call today to learn more about how our team can help you get back to doing what you love!

COMMON WAYS WE GET HURT ON THE JOB

The most common complaint people endure from a work-related injury is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. These injuries typically occur as the result of an activity that the body is not used to or a repetitive movement required at work. In other cases, it is related to prolonged positions, like sitting at a desk all day or working on an assembly line.

Most injuries that involve bending and lifting strains will typically go away on their own, but the severity of the damage determines how long the body will need to recover. This is why scheduling a consultation with our therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center is so important.

There are obvious signs of more significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body.

Get a referral today and let our physical therapists help you resolve any injury caused on the job!

COME BACK TO PHYSICAL THERAPY | [SUGARLANDPT.COM](https://sugarlandpt.com)



HELPING YOU ENJOY A PAIN-FREE LIFE

INJURIES COMMON FROM MOTOR VEHICLE ACCIDENTS

If you are still dealing with persistent aches and pains from a car accident, our physical therapists are experts at helping you find lasting relief!

People involved in a car accident often experience symptoms immediately. In contrast, some symptoms appear later the same day or the following day, and for some, the symptoms don't start for days afterward. Unfortunately, it is also fairly common for symptoms to last for months or even years.

For some people, the violent nature of an accident can cause severe head, neck, and back injuries and even multiple regions of the body simultaneously. One of the most common injuries associated with a car accident is whiplash.

Whiplash is a painful condition caused by sudden neck and head movements, resulting in injury to multiple joints and different types of soft tissues all at once. Whiplash can make normal neck movement impossible.

There are also cases where the accident seemed minor, but the damage was significant and long-lasting. Regardless of the impact, the most common injuries related to a motor vehicle accident that is referred to our clinic include the following:

- Muscles strains
- Joint sprains (i.e., cartilage, ligaments, and nerves)
- Broken bones
- Concussions
- Whiplash

If you were in a car accident recently or a long time ago, seeing one of our physical therapists can help you find relief and get back to feeling your best!

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

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we offer comprehensive evaluations to help determine the

root cause of your pain and/or injuries. For people dealing with a work injury or recent car accident, the SFMA focuses on underlying dysfunctional movement to find the root cause, not just the location of the pain. Our team will use SFMA movement screens to identify dysfunctions linked to increased musculoskeletal injury or pathology risk.

Next, our specialists will provide research-backed programs that have been proven to effectively alleviate pain, restore joint range of motion and improve your strength so you can resume your normal activities.

If you were in a motor vehicle accident or injured on the job and looking for solutions to your struggles, request an appointment at our clinic. We have helped many patients recover from car accident injuries and work-related injuries, and we are confident we can help you!

Sources:

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<https://www.injuryclaimcoach.com/non-fatal-car-accident-statistics.html>

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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



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

DATE NIGHT RECIPE

FETA & HERB CRUSTED SALMON



INGREDIENTS

- 1 salmon fillet - Thaw if frozen
- 1/2 cup Feta Cheese
- 1/4 cup roughly chopped fresh parsley
- 2 tablespoons roughly chopped fresh chives
- Juice from half a lemon
- 1/8 teaspoon salt
- Pinch of pepper

INSTRUCTIONS:

Preheat your oven to 400 degrees. Line a baking sheet with parchment or foil for easy clean up. Combine parsley, chives, feta, lemon, salt and pepper on cutting board. Run knife through the combination several times, chopping up all ingredients to mix. Spread combined ingredients on salmon fillet. Bake for 20 minutes or until cooked through. Serve!

Seasonal Affective Disorder (SAD)

Has your mood darkened with the shorter days and longer nights of fall and winter? If you're like many people, getting less sunshine and being less active this time of year can contribute to feelings of sadness and apathy that may be associated with Seasonal Affective Disorder (or SAD). The good news is that regular exercise can help boost your mood and guard against symptoms of seasonal affective disorder.

Exercise And Seasonal Affective Disorder.

According to the Centers for Disease Control (CDC) and Prevention, 14 percent of people in the United States experience SAD (also known as seasonal depression). But research shows that many people can manage or avoid SAD with 30 to 60 minutes of exercise and 20 minutes of exposure to sunlight

each day. In addition, data show exercisers have lower rates of recurrent depression compared with study participants who do not exercise. These figures emphasize the importance of exercising throughout the winter, especially if your goal is health and well-being as well as a trim waistline.

Try these three tips for maintaining your winter exercise routine this winter:

1. Arrange your schedule to start and end later or earlier so that you can exercise outside after sunrise or before sundown.
2. Get outside to walk, jog, run, snowshoe, or cross country ski. The exposure to sunlight can help increase your vitamin D levels and elevate your mood.

3. Enlist the services of a personal fitness trainer. Many people find meeting with a personal fitness trainer helps them stick with their exercise routine. Personal fitness trainers also can help vary workouts to keep them interesting and effective.

Get Professional Help For Sad If You Need It

Although lack of sunlight and activity often are culprits of seasonal affective disorder, genetics and hormonal changes also may contribute to the condition. If exercise alone doesn't improve your mood and your sadness persists for more than 2 weeks, schedule an appointment with one of our therapists. We will provide you with techniques in addition to exercise to manage stress.