



NEWSLETTER

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REQUEST YOUR
APPOINTMENT TODAY!



*How Physical Therapy Can Help
Your Ankle/Foot Sprain or Strain*

INSIDE:

DIFFERENCE BETWEEN A SPRAIN AND STRAIN?
HEALTHY RECIPE | PATIENT SUCCESS STORY



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HOW PHYSICAL THERAPY CAN HELP YOUR ANKLE/FOOT SPRAIN OR STRAIN

Have you recently injured your ankle or foot? Do you have persistent pain since spraining your ankle? Knowing the difference between a mild problem that goes away on its own and one that lingers on indefinitely is the job of a physical therapist.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we are committed to helping you get the results you need to resume your life without limits! While many factors can lead to foot and ankle pain, sprains/strains are common examples. Even if your pain subsides, dysfunction may still be present and lead to re-injury or chronic pain.

If you have noticed limited mobility, persistent pain, or balance and gait problems since your injury, First Colony Aquatic and Rehabilitation Center & Sports Therapy Center can help. We will determine the type of injury (i.e., a sprain or strain) and provide you with the necessary treatments for healing and tips to avoid re-injury.

Call today to schedule an appointment with one of our highly skilled physical therapists!

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND STRAIN?

A sprain happens when a ligament (the tissue that connects one bone) is stretched or torn. Sprains are typically the result of a trauma,

a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains occur to a muscle or tendon (the tissue that connects muscle to bone). Strains usually happen when the muscle suddenly contracts, like running, jumping, or repetitive and awkward movements. The symptoms of strains are similar to those associated with sprains, making them difficult to tell apart without doing a physical therapy examination.

There are three grades of sprains/strains that outline the severity of the injury.

Grade 1:

- Mild pain (rarely moderate or severe pain)
- No bruising
- Minimal swelling (sometimes no swelling)
- Tenderness to the touch at the site of the injury

Grade 2:

- Mild to moderate pain (rarely severe pain)

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START THIS SEASON OUT ON THE RIGHT FOOT!

- Some bruising
- Mild to moderate swelling around the injury
- Tenderness to touch on-site and around the injury
- Often painful to put weight on your injured limb

Grade 3:

- Moderate to severe pain
- Significant bruising
- Moderate to severe swelling throughout the limb
- Tenderness to touch at the site and surrounding area of the injury
- Often severe pain or inability to put weight through the injured area
- Ligaments are torn (ruptured), and the joint will be loose/unstable from tearing, so it may require surgical intervention or the use of bracing to facilitate healing.

If you are unsure whether you sustained a sprain or strain, our physical therapists can help you figure it out.

HOW TO TREAT A SPRAIN OR STRAIN WITH PHYSICAL THERAPY

Our physical therapists will perform a thorough assessment that includes a detailed history and a hands-on evaluation of the injured area at your initial evaluation. This assessment will help the therapist classify the injury's severity and develop a treatment plan to address your current situation.

Foot and ankle pain treatment depends on where the injury happened and how long ago it occurred. If it is not possible to walk more than two or three steps without pain, it is essential to visit a physical therapist as soon as possible. If the joint looks out of place or has an obvious deformity to the bone, it is crucial to go to the emergency room for an x-ray because a fracture is likely.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Within a few hours of compression and elevation, most people notice that the swelling begins to subside, and with it, their pain.

Next, we will design a program to restore your proprioception, balance, and strength so you can take on everyday activities. For optimal results, it is best to consult with a physical therapist to see the best methods for healing and avoiding re-injury of the affected area.

Our comprehensive program will also look for any changes in your gait pattern that may make it difficult for you to move around freely. Dysfunctional movement patterns can last for years and lead to re-injury and potentially other injuries.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. People who sprain or strain their feet or ankles often find that they are continuously re-injuring that part of their body. Fortunately, this does not have to be the case with the help of physical therapy.

CALL TODAY TO SET UP AN APPOINTMENT

Whether you sustained a sprain or strain, physical therapy is the answer to achieving long-term relief. Contact First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today to schedule a consultation or to find out more about how physical therapy can help relieve your foot and ankle pains!

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

4 TIPS TO MAKING HYDRATION A HABIT

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



SEASONAL RECIPE

PROTEIN PB & J SMOOTHIE BOWL



INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

INSTRUCTIONS: Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

PATIENT SUCCESS STORY

Excellent results with knee replacement therapy. Kept me from getting hurt by my poor balance. Helped me meet the goal of getting up off the floor using new knee. Each therapist had good ideas to help my progress. Each had a good sense of humor. This was my third rehab series at FC Aquatic. Best 3 experiences of the many therapy rehabs over 30+ years.

-Don H.



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