




NEWSLETTER

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APPOINTMENT TODAY!



Treating Workplace Injuries With Physical Therapy

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TREATING WORKPLACE INJURIES WITH PHYSICAL THERAPY

Have you suffered a work-related injury? Work injuries can lead to physical, emotional, and monetary distress. This is especially true if you don't know how long your recovery time will be.

Thankfully, First Colony Aquatic and Rehabilitation Center & Sports Therapy Center can help you on your recovery journey and get you back to work quickly!

Physical therapy plays a crucial role in helping people recover from their work injuries, especially as workers' compensation insurance often covers recovery plans. June is also National Safety Month, which means there is no better time to focus on your personal health!

It's essential to meet with a physical therapist as soon as possible to get started on the right recovery plan for your needs. Contact First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today to schedule an appointment with one of our licensed therapists and begin your recovery!

WHAT ARE WORKER'S COMP LAWS?

Worker's compensation laws are a set of rules that determine the rights and obligations of employers and employees in the event of an injury or illness.

Workers' compensation laws are mandated by state governments, which vary from state to state. The federal government does not regulate worker's compensation policies.

The process of filing a workers' compensation claim can be complicated and confusing, so it's important to understand what happens when you file an injury claim with workers' compensation.

When you file a workers' compensation claim, you are filing for medical treatment and financial support from your employer. This is a legal process that will help you get back to work as quickly as possible.

Workers' compensation claims are different from other types of injury claims because they involve an employer. Workers' compensation is usually paid for by the employer and not by the employee, which means that the injured worker does not have to pay any out-of-pocket expenses.

HOW WILL FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY CENTER TREAT MY WORK-RELATED INJURIES?

When you visit our physical therapy clinic for a work-related injury, you will unlock a treatment plan to ensure your full recovery.

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WE CAN HELP YOU FIND THE RELIEF YOU NEED!

First, you will undergo a one-on-one evaluation with your physical therapist to assess the repercussions of your workplace injury. At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we use the latest evidence-based research to help determine what is causing your pain.

Once the cause of your pain has been identified, your physical therapist gets to work creating a customized treatment plan just for you.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we use therapeutic techniques developed through ongoing research studies. Your treatment plan may include one or more of the following therapeutic modalities:

- Hands-On Manual Therapy
- Functional Dry Needling
- Myofascial Physical Therapy
- Manipulation
- Individualized Physical Therapy Exercises

All of these services are provided in one-on-one sessions, so you can be sure any questions or concerns you have will be addressed immediately. Our physical therapy centers are also outfitted with cutting-edge physical therapy equipment designed to facilitate a speedy recovery.

HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Your physical therapist will conduct a physical evaluation to determine the severity of your work-related injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement. You should aim for 8-10 hours per night.

Strength training is one of the most effective injury prevention strategies to help stay injury-free.

Use good form with lifting. It is vital to learn how to identify the proper postures and body mechanics to protect yourself from injuries while performing your regular work activities.

Use the proper equipment. Make sure you have the right equipment, for example, work boots, helmets, and gloves. The right equipment can help you avoid injury and stay safe while doing the activities you need to do to get the job done.

Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fat diets.

Staying hydrated is essential for recovery and injury prevention.

SEARCHING FOR RELIEF? CONTACT US TODAY!

At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, we understand how unnerving it can be not to know when you can return to work. Our therapists are here to help you with a personalized treatment plan and attentive support.

We can also work with your worker's compensation caseworker to help you recover quickly and get back to your normal routine. Don't hesitate to begin your recovery; Request an appointment with First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today!

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

SERVICE SPOTLIGHT: AQUATIC THERAPY

Aquatic therapy, also known as hydrotherapy, involves exercising in a pool or other body of water under the supervision of a trained therapist. Aquatic therapy can help treat work injuries, especially those related to musculoskeletal conditions, such as strains, sprains, and joint pain.

Aquatic therapy can benefit patients with work injuries involving the back, neck, shoulders, hips, and knees. The buoyancy and resistance of the water provide a low-impact, supportive environment for exercise that can help reduce pain and inflammation while improving strength, flexibility, and range of motion. Additionally, aquatic therapy can help improve cardiovascular fitness and promote relaxation, which can help manage stress-related work injuries.

Benefits of aquatic therapy:

- Reduced impact on joints
- Increased range of motion
- Decreased pain
- Improved cardiovascular health
- Improved balance and coordination
- Reduced stress and anxiety



CLICK THE BUTTON BELOW TO
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SEASONAL RECIPE

SKINNY ORANGE CREAMSICLES



INGREDIENTS

- 2 cups unsweetened Greek yogurt
- 1 orange
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

INSTRUCTIONS: In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

*Blend in spinach for a boost of greens.

PATIENT SUCCESS STORY

The results of the exercises and physical treatments my wife Raquel and I have experienced at the First Colony Aquatic and Rehab Center have been wonderful. The facility is very good and well-kept. All the equipment is modern and very clean. The instructors are very knowledgeable, good listeners, and patient. The instructions are clear and easy to understand. I would recommend this Rehab Center to anyone in need of this type of help.

-Manuel L.

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