



NEWSLETTER

Your #1 Resource for Greater Health and Wellness

REQUEST YOUR
APPOINTMENT TODAY!



*PT Solutions for Sports-Related
Shoulder Pain and Injuries*

INSIDE:

THE ROLE OF PHYSICAL THERAPY IN SPORTS PERFORMANCE
HEALTHY RECIPE | PATIENT SUCCESS STORY



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SUGARLAND RENOVATIONS!

We are delighted to unveil the renovation of our Sugar Land office at First Colony Aquatic and Rehabilitation. The impact of a fresh coat of paint and the addition of brand-new carpet is truly remarkable, and we are eager to share the results with you. Make sure to browse through the captivating photos featured in this month's newsletter to get a glimpse of the transformation. Furthermore, we extend a warm invitation for you to visit our office in person and witness the remarkable changes firsthand. We look forward to seeing you!



IMPROVE YOUR ATHLETIC PERFORMANCE WITH PHYSICAL THERAPY

As an athlete, what do you think of when you think of physical therapy? If you're like most people, your mind probably went to injury rehabilitation. But did you know that physical therapy at First Colony Aquatic and Rehabilitation Center & Sports Therapy can actually help you avoid injury—and improve your overall athletic performance?

It's true—our team of experts can provide tailored programs designed to get you at the top of your game. The same techniques we use to restore strength and mobility after an injury can also help prepare your body to achieve peak performance.

Through movement screens, conditioning exercises, injury prevention, and more, we'll help you achieve your goals as an athlete. If you're ready to get started, call our office to schedule an appointment today!

THE ROLE OF PHYSICAL THERAPY IN SPORTS PERFORMANCE

Our physical therapists can use several techniques and approaches to help you see results. We'll work closely with you to find the right combination that suits your needs.

COME BACK TO PHYSICAL THERAPY | SUGARLANDPT.COM



WE OFFER GAME-CHANGING TREATMENTS!

Movement Screens: We're movement experts with a keen understanding of your body's musculoskeletal system. That means we can help you see abnormal patterns in your biomechanics that could cause problems down the line. We'll conduct detailed movement screens to look for any problem areas—so we know exactly what needs to be addressed.

We'll also help you understand the biomechanics of any sports-specific movements you want to address. For example, if you're a runner, we can check your running gait for impairments that may slow you down or increase your risk of injury. Or, if you're a baseball player looking to improve his pitch, we can check your upper extremities for any range of motion or strength concerns that might be holding you back.

Corrective Exercises: All athletes repeat sports-specific movements in their training and performances. It's important that you balance out those movements to avoid injury and overuse. We'll develop a customized cross-training program that allows you to more easily address any imbalances.

Overall Conditioning: In addition to addressing any sports-related imbalances, we can help you address other impairments in your strength, mobility, power, or speed. In addition to helping you identify areas of impairment, we'll provide personalized training programs that suit your needs, interests, and ability level.

Injury Prevention: We can also provide strategies and suggestions for reducing your risk of injury. Sprains and strains are the two most common injuries among athletes, and we'll help you know which body parts are most at risk based on your particular sport, along with suggestions for equipment, movement modifications, warmup and cool-down techniques, and more.

At First Colony Aquatic and Rehabilitation Center & Sports Therapy, we work with athletes of all ages, from youth soccer stars to adults training for their first 10K. So if you want to help your Little Leaguer or high school quarterback excel, our team can help! We understand the unique biomechanics of children and teens (whose bodies are still growing) and will provide age- and ability-appropriate conditioning training.

WHAT TO EXPECT AT YOUR FIRST COLONY AQUATIC AND REHABILITATION CENTER & SPORTS THERAPY APPOINTMENT

When you come in for your initial consultation, one of our physical therapists

will conduct a thorough assessment to help us understand your goals. We'll take a health and sports history, allowing us to learn more about your training and athletic experience. You can also expect several physical exams, including tests for strength, power, range of motion, gait, and more.

All this information helps us develop your customized athletic performance program. Every plan will look different based on the athlete's age, chosen sport, ability level, and overall goals, but you can expect targeted conditioning exercises and a detailed cross-training program.

We'll walk you through your performance plan at subsequent appointments, ensuring you're completing all exercises correctly and tracking your progress. And as you improve, we'll bump up the intensity so you can keep improving—who knows? You may even smash your initial goals!

BECOME THE SUPERSTAR ATHLETE YOU KNOW YOU ARE!

The physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy can't wait to see you improve your sports performance. Call us today to schedule your initial consultation—and prepare to hit PRs you never expected!

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**

OR VISIT OUR WEBSITE
AT SUGARLANDPT.COM



FirstColonyAquatic
and Rehabilitation Center

6 HEALTHY DIET TIPS FOR SUMMER

Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation and pain. Conditions including heart disease and diabetes are also impacted by dietary intake. In summer, it can be difficult to keep good nutrition at the forefront especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

1. **Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
2. **Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.

3. **Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

4. **Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
5. **Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.

6. **Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate the season and prioritize your health this summer!



SEASONAL RECIPE

GRILLED CHICKEN CAPRESE



INGREDIENTS

- 2 (about 1 lb) large boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 oz fresh salted mozzarella
- 2 plum tomatoes
- 1/4 cup fresh basil

INSTRUCTIONS:

 Set grill to medium.

Lay the chicken breasts flat and cut horizontally with knife parallel to cutting board to form 4 thinner cutlets. Brush chicken with the olive oil and season all over with salt and pepper. Place chicken on grill and cook 4 min. per side. Meanwhile, very thinly slice the mozzarella. Thinly slice the tomatoes. Thinly slice the basil. Arrange tomato slices on chicken. Top with mozzarella. Cover and cook another 2-3 min., until cheese melts and chicken is cooked through. To serve, season with pepper and garnish with basil.

PATIENT SUCCESS STORY

“Prior to my hip replacement surgery, I scheduled my first four physical therapy sessions to begin a few days post operation. They were amazing, and the great therapists that they have are top notch. I began my first session, not even able to push the cardio machine fast enough for it to even turn on, and after my twelfth session I was doing 1,600 steps in 15 minutes. I highly recommend this place for anyone who is looking for a great place for recovering from an injury or surgery.”

-David Y.



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READ MORE PATIENT
TESTIMONIALS

VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!
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