



First Colony Aquatic
and Rehabilitation Center

2024
NEWSLETTER



PHYSICAL THERAPY CAN HELP YOU GET BACK TO SPORTS THIS SPRING



SCAN THE QR CODE
TO SCHEDULE YOUR
APPOINTMENT TODAY!



Inside:

- How Physical Therapy Can Help You Be Ready This Spring
- Seasonal recipe
- 4 Summer Safety Tips

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HAPPY
Mother's
DAY



PT CAN HELP YOU GET BACK TO SPORTS THIS SPRING

Are you looking forward to the beautiful weather this spring? With so many great activities to look forward to, it's important to make sure your health is in tip-top shape for this season. At First Colony Aquatic and Rehabilitation Center & Sports Therapy Center, our physical therapists can help you get over an injury and get ready for spring-time fun!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities. Physical therapists are movement experts who understand the body's demands and how to prepare for activities like running, biking, and playing sports.

If you're looking to get more physical activity this season or finally resolve that old injury and aching joints, call First Colony Aquatic and Rehabilitation Center & Sports Therapy Center today. We'd love to help you get in the best shape possible so you can participate in all of your favorite activities!

HOW PHYSICAL THERAPY CAN HELP YOU BE READY THIS SPRING

Sports: Being able to practice the sport you love, whether competitively or just for fun, is essential. Sports provide a way for you to get physical activity while having fun. Your heart rate rises, your blood gets flowing, your muscles get the workout that they need.

Many sports injuries are caused by not training in the off-season or trying to do too much too soon. Improper training and conditioning can resurface old injuries and new injuries starting. Our physical therapists can help you implement effective strategies to prevent sports injuries this season.

A few common sports injuries that physical therapy can treat include:

- Ligament sprains
- Muscle strains
- Overuse injuries (i.e., tendonitis, joint pain)
- Cartilage tears

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center can help you get in shape and be prepared for the season. We can also guide you to recover from past injuries that may not have adequately healed.

Here are some excellent activities that can get you in shape and help you get back to playing the sports you love this season!

COME BACK TO PHYSICAL THERAPY | SUGARLANDPT.COM

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Biking: Biking is a fun activity people enjoy as it warms up outside. Whether you are riding on the road or the trails, biking can prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, even 15 or 20 minutes twice a week is a good start.

A physical therapist can show you the best way to ride the type of bike you own. Our physical therapist can help to mobilize your joints, build up strength and improve your endurance so you can continue taking those long bike rides through the park, mountains, or city streets! Having the proper fit can ensure you spend time enjoying the ride instead of recovering from an injury.

Running: One of the best activities to get in shape or decompress from stress is running. Unfortunately, new and old runners alike will experience injuries that prevent them from putting in the miles. Too often, runners ignore their injuries or don't resolve them entirely, only to worsen or develop a new problem.

While running may be your chosen spring activity, it certainly can be hard on the body, and without proper guidance, you may find yourself unable to run at all. That's why participating in a regular physical therapy routine at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center is such a good idea.

If you're having difficulty running at the same levels of speed or distances that you're used to, it's a sign you should see a physical therapist ASAP for care. We'll make sure your muscles are strong, and your plan for training is sound. We can help make sure your joint health is up to par before you hit the trails this season.

REQUEST AN APPOINTMENT TODAY!

Spring has sprung, and it's time for you to get back in the saddle when it comes to your outdoor activities and hobbies. Whatever you enjoy doing to stay active, our physical therapists at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center can make sure your body is fully equipped to handle it!

Call our clinic today to schedule a consultation, so you can get out there and enjoy all spring has to offer!



HEALTHY RECIPE EASY KID-FRIENDLY BANANA BREAD



Treat Mom to a delightful surprise this Mother's Day with a simple yet delicious banana bread recipe that even the little ones can master! Perfect for breakfast in bed or a sweet afternoon treat, this recipe requires just a handful of ingredients and minimal effort. With ripe bananas as the star ingredient, this moist and flavorful bread is sure to bring smiles to Mom's face and warmth to her heart on her special day. Let's gather our ingredients and get ready to bake up some love for Mom!

INGREDIENTS

- 3 Ripe Bananas
- ¾ Cup of White Sugar
- 1 Egg
- ¼ Melted Butter
- 1 Teaspoon of Baking Soda
- 1 Teaspoon of Salt
- 1 ½ Cups of Flour

INSTRUCTIONS:

Preheat oven to 325 degrees. Grease a 9 x 5 inch loaf pan. Combine sugar, egg, melted butter and bananas together in a bowl until mashed.

Mix salt and baking soda together in a small dish, stir into banana mixture. Add the flour to the bowl and stir till batter is combined. Pour into loaf pan and bake for 50 minutes - 1 hour. Let cool. Server

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APPOINTMENT TODAY!



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OR VISIT OUR WEBSITE
AT **SUGARLANDPT.COM**

4 SUMMER Safety Tips



PATIENT SUCCESS STORY

My doctor recommended me physical therapy for my hip pain. I called around a few facilities to inquire about my insurance coverage. First Colony Aquatic and Rehabilitation Center front desk was the only one that proactively contacted my insurance company and provided me with the details about my insurance coverage and my copayment. The therapist Ms Yen was very helpful. She evaluated my issues during initial appointment, crafted the therapy plan, guided me through the exercise. The short exercise videos available at the FCARC website or mobile phone app are very helpful for practicing at home after the therapy session. The therapy helped alleviate my hip pain issue. Overall, I am very satisfied with the staff and service at FCARC and would recommend the facility for those who need physical therapy. -**W.T.**

SHARE YOUR SUCCESS STORY!

By sharing your physical therapy success story, you can inspire others to find relief from their pain and start living a healthier, stronger, and more active life.

Scan the QR code to visit our review page and share your success story with others.



Be Sun Savvy

- Use a broad-spectrum sunscreen with an SPF of at least 15.
- Wear a hat, sunglasses (with UV protection) and lightweight, light-colored clothing.
- Seek shade under a tree, shelter or an umbrella.
- Wear a protective sun shirt in the water.

Be a Water Watcher

- Never take your eyes off of children in a pool or any body of water, even for a moment.
- If you're in a group, appoint a designated "water watcher", taking turns with other adults.
- Avoid distractions like your phone, books or magazines.
- Use caution with water wings or other inflatable toys

Don't Get Bugged

- Wear an insect repellent with at least 20% DEET.
- Cover exposed skin with long-sleeved shirts, long pants, and hats.
- If you've been in the woods, check your kids, your pets, and yourself for ticks.
- Stay inside at dusk and dawn, the most active times for bugs.
- Avoid places with standing water, which attracts mosquitoes.

Hot Car Reminder

- Never leave a child or a pet inside a parked car, even for a minute.
- If you see a child alone in a car, call 911 immediately.



EXERCISE ESSENTIALS

STANDING WAITER'S BOW WITH WEIGHTS

Start by standing up straight with your arms hanging by your sides and a dumbbell in one hand. Place your other hand on your lower back to monitor your muscle activation. Slowly hinge forward at your hips keeping your back flat until you are at the point where your back will round if you go any further. Allow your weighted arm to hang forward as you hinge. Slowly hinge back up. 3 sets, 10 reps, hold.

