



**WE'RE HERE IF YOU NEED US:
HURRICANE BERYL RECOVERY**



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TO SCHEDULE YOUR
APPOINTMENT TODAY!



Inside:

- Issues to Watch Out for During Hurricane Recovery
- Delicious Recipe
- Exercise Essentials



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Hurricane Beryl may have swept over Houston in a matter of hours (thankfully not emulating Harvey in that regard), but seasoned Houstonians know the post-hurricane recovery period can take months.

Whether you're clearing out a flooded house, removing downed trees, or rehabilitating from an injury you sustained in the storm itself, know that the team at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center is here to help in any way we can. Our Sugarland and Rosenberg clinics are open for business, and our dedicated PTs can help address the physical difficulties of recovering from Hurricane Beryl.

Today, we wanted to share some things we can do to help prepare you for the recovery effort. From prepping you for heavy-duty cleanup to helping you resolve an injury, we offer proven interventions tailored to your needs. Call us today to get started!

ISSUES TO WATCH OUT FOR DURING HURRICANE RECOVERY

Between the storm surge and 80-mph winds, Hurricane Beryl left a big mess for Houstonians to clean up—and in the summer heat, no less. But while you may be raring to get out there, it's important to be mindful of your injury risk.

Here are three common issues we frequently see during storm cleanup efforts.

Strains

Strains occur when you overstretch or tear a muscle or tendon. Depending on the severity of the injury, you'll experience the following symptoms in the affected area (like the lower back):

- Pain
- Tenderness
- Swelling
- Weakness
- Limited mobility

Moving heavy objects, like fallen tree branches or flooded furniture, puts you at a particularly high strain risk. Always use proper lifting techniques; if something is too heavy for you, ask someone to help.

Sprains

Sprains occur when you overstretch or tear a ligament, the tissue that connects the bones in a joint. They typically occur when the joint gets forced too far out of its range of motion—like if you slip and fall while picking through flood debris. Ankle sprains are especially common.

Continued Inside:

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Continued From Outside:

Again, symptoms will vary based on the severity of your injury, but you should generally look for the following in the affected area:

- Pain
- Swelling
- Restricted mobility
- A popping sound during the injury
- A sense of instability in the joint

Work-Related Disorders

Hurricane cleanup often involves the use of power tools like chainsaws. The vibrations from these tools can strain your musculoskeletal system, increasing your risk of developing work-related musculoskeletal disorders, which include conditions such as carpal tunnel syndrome or tendonitis. If you notice the following symptoms, consider paying us a visit:

- Numbness or tingling in the hands, fingers, or limbs
- Loss of grip strength
- Pain
- Restricted mobility

WHAT OUR PHYSICAL THERAPISTS CAN DO TO HELP

The First Colony Aquatic and Rehabilitation Center & Sports Therapy Center team can help improve your recovery and cleanup efforts in two main ways.

Comprehensive Assessments

Storm cleanup is an immense workout, and if you aren't used to doing high levels of manual labor, you're at a much higher risk of injuring yourself. Before you tackle that massive downed oak tree or go through the first floor of a flooded house, schedule an assessment with our physical therapists.

We'll take a health history and run several movement screens to help identify areas of weakness or muscular imbalances that might cause problems during your cleanup efforts. We can suggest movement modifications to lower your risk and simple warm-up exercises before you start. We can also guide you through proper lifting techniques.

Comprehensive Injury Rehabilitation

Of course, sometimes injuries happen. You or a loved one may have even sustained an injury during Hurricane Beryl itself. Either way, our team will create a personalized treatment program to resolve your symptoms and rehabilitate your injury.

Using techniques such as manual therapy, targeted exercise, biomechanical corrections, and more, we'll help you restore strength and functionality so you can return to living your life without surgery or pain medication. If you notice any symptoms like the ones discussed above, make an appointment! The sooner you seek treatment, the better your outcomes will be.

HOUSTON STRONG: RECOVERING FROM BERYL TOGETHER!

Recovery from Hurricane Beryl will be a long journey, but the team at First Colony Aquatic and Rehabilitation Center & Sports Therapy Center can help make that journey a little safer. Before diving into a major cleanup project, schedule an appointment with us to learn how to keep yourself safe and injury-free.

DELICIOUS RECIPE

BAKED CHIMICHURRI CHICKEN



INGREDIENTS

- 4 lbs of bone in chicken thighs or 3 lbs boneless thighs or breasts
- 1 1/2 cup olive oil, extra virgin
- 1/4 cup white (red or white wine) vinegar
- 3 – 4 large garlic cloves
- 1 tsp salt
- 1 tsp oregano, dried
- 1 cup parsley, packed
- Dash of maple syrup or raw honey

INSTRUCTIONS:

1. In a food processor or high speed blender, add Chimichurri ingredients and process on Low until chunky sauce forms.
2. In a large bowl, add chicken and pierce randomly with a small knife. Pour half of Chimichurri sauce on top and mix with your hands to coat the meat evenly. Cover and refrigerate for at least 30 minutes or preferably overnight.
3. Rub the bottom of large baking dish with oil and lay marinated chicken breasts or thighs in a single layer. Bake uncovered in 450 degrees F preheated oven for 25-35 minutes for chicken breasts and 40 minutes for thighs. Or until internal read thermometer registers 150 degrees F internal temperature.
4. Serve hot drizzled with remaining Chimichurri sauce.

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

5 POOL EXERCISES FOR A FULL-BODY WORKOUT

Looking for a break from your usual fitness routine? Dive into aquatic exercise! Exercising in water can provide a great full-body workout without some of the drawbacks of land-based exercises.

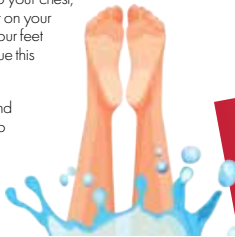
1. Walk in water. Walking in water is a good exercise to start off with as it helps you get a feeling for how you can create resistance. It targets your arms, core, and lower body. Keep your arms at your side, in the water, and move them as you walk. Engage your core and stand tall.

2. Water arm lifts. This exercise will help strengthen the muscles in your arms. Using foam dumbbells will help add more resistance. Stand in water up to your shoulders. Hold the dumbbells at your side, with your palms facing up. Draw your elbows in close to your torso as you lift your forearms to the height of the water. Rotate your wrists to turn your palms facedown. Lower your arms back to the starting position. Do 1-3 sets of 10-15 reps.

3. Lateral arm lifts. This exercise, which targets your upper body, is also best done with foam dumbbells. Stand in water up to your shoulders. Hold the dumbbells at your side. Raise your arms to the side until they're level with the water and your shoulders. Lower your arms back down to your sides. Do 1-3 sets of 8-14 repetitions.

4. Back wall glide. This exercise helps to activate the muscles in your core and lower body. Hold onto the pool ledge, tuck your knees into your chest, and press your feet into the wall. Push off from the wall and float on your back as far as you can. Draw your knees into your chest, press your feet down to the bottom of the pool, and run back to the wall. Continue this exercise for 5-10 minutes.

5. Leg kicks. This exercise works the muscles in your core and legs. Use ankle weights to make it more challenging. Hold onto the pool ledge or hold a kickboard. Alternate flutter kicking, scissor kicking, breaststroke kicking, and dolphin kicking. Do each kick for 1-3 minutes.



PATIENT SUCCESS STORY

“First time here and it is very clear and quiet here. Everyone is friendly and professional. Megan is very patient and listens very well to everything you have to say. They explain everything very well, and I will definitely recommend and return. On my way to feeling better with the support and proper help of Megan. -Q.B.

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.



EXERCISE ESSENTIALS

AROM FINGER FLX/EXT HAND OPEN/CLOSE

Hold hands in front. Begin with fingers straight and spread apart. Close hands into a fist. Open and spread fingers. Repeat 20 times, 3 sets.

