

HPT

Highland Physical Therapy

HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



**Avoid Surgery After
A SPORTS
INJURY**

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Avoid Surgery After A SPORTS INJURY



Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level.

Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured

joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at HPT can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

The licensed physical therapists and physical therapist assistants at HPT can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of reinjury.

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SCHEDULE A CONSULTATION TODAY TO GET RID OF YOUR PAIN!

DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

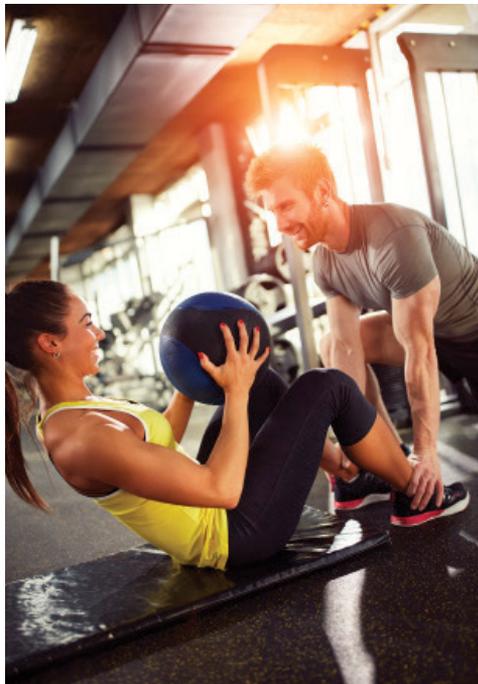
Injuries increase as you age. If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after. Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, HPT can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

Preparing your body.

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training



PATIENT SPOTLIGHT

"I highly recommend them and would use them again if the need ever came about."

"The entire staff is very professional. All PT's are effective and thorough. Both offices are flexible and accommodating. I had a long recovery, but I truly believe that the process was significantly faster and better due to Highland Physical Therapy. I highly recommend them and would use them again if the need ever came about."

-Peter B.

You Can Be Free of Your Pain! Call Today or visit us at www.hptny.com



COVID-FRIENDLY SPRING ACTIVITIES!

Since COVID-19 hit last year, people everywhere have been searching for ways to stay happy, healthy, and busy. COVID-19 has kept many of us inside, unable to participate in our normal day-to-day activities. However, spring is here, and along with it comes plenty of opportunities to get outside and begin doing some of the things we love!

Here are some fun, COVID-friendly spring activities you can start planning for. We hope these lift your spirits and get you excited for the coming warmer months!

- Try a new outdoor sport
- Visit an outdoor farmers market
- Go see a drive-in movie
- Break out the gardening tools
- Take a scenic drive
- Make the most of this spring

EXERCISE ESSENTIALS

Use This Exercise to Knee Pain

Exercises copyright of
 SimpleSet Pro

QUAD SET

While lying or sitting with a small towel rolled under your ankle, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 3 times on each leg.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Our Services

- Manual Therapy
- Therapeutic Exercise
- Therapeutic Massage
- Balance & Fall Prevention
- Joint Mobilization
- Graston Technique
- Electric Stimulation
- Laser Therapy
- Kinesio Taping
- Ultrasound

Has Your Pain Come Back?

1 Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

2 If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

3 Call Highland Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

Are You In PAIN?

You may benefit from physical therapy if you suffer from:

- Lower Back Pain
- Shoulder Pain
- Arthritis
- Knee Pain
- Sciatica
- Problems Walking
- Neck Pain
- Dizziness
- Headaches
- Sports Injury

We can get you out of pain and back to the things you love!

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