



**Don't Let Sports Injuries
Sideline You – Get Back
In The Game With PT!**



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Did you know that according to the U.S. Centers for Disease Control, over 2 million high school athletes suffer from sports-related injuries annually? Additionally, 3.5 million kids under the age of 14 also receive treatment for sports-related injuries annually. This doesn't even include the number of adult athletes that get injured from a sport.

Whatever age you are, or level of physical ability you may have, physical therapy can help you in enhancing the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time. If you are looking for a quick and easy way to get off the sideline and return to your sport, contact TherapyWorks today to consult with one of our physical therapists.

I have a sports injury – how did that happen?

“Sports injury” is a term that can be used to describe any injury sustained while exercising or performing some sort of athletic activity. There are two ways in which sports injuries can occur: suddenly, such as one football player colliding with another, or over time, through repetitive motions, such as improperly lifting heavy weights at the gym or running in ill-fitted shoes. Simply put, anything

that results in pain while performing physical activity can be considered a sports injury.

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, TherapyWorks can help you find relief. Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, please contact us as soon as possible. Any injury left untreated can become more severe over time.

Sports injuries can typically be placed into two categories: acute or overuse. Acute injuries are caused by a single specific incident, such as:

- Sprains
- Fractures
- Strains
- Tears

Overuse injuries are caused by excessive repetitive movements over time. Some examples of overuse injuries include:

- Frozen shoulder
- Shin splints
- Golfer's elbow
- Flexor tendinitis
- Tennis elbow

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HOW CAN PHYSICAL THERAPY HELP?

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help strengthen the affected area, in order to prevent additional injury from occurring. Our physical therapists will also provide you with helpful warm-up and cool-down techniques for your sport, in order to lower your risk of sustaining another injury.

At TherapyWorks, our physical therapists will create a treatment plan for you, based on your individual needs. Physical therapy is a natural and holistic approach to healing, including services such as:

- **Manual therapy.** This may include massage or joint mobilizations.
- **Modalities.** This may include specialized treatments that your physical therapist has been certified to perform, such as ultrasound or electrical stimulation.
- **Therapeutic exercises.** This may include any targeted movement to help you find relief, including, but not limited

to: area-specific exercises, balance and coordination exercises, muscle performance exercises, range of motion exercises, posture exercises, and relaxation exercises.

Physical therapy has been proven to be successful in treating both acute and chronic injuries, such as ligament sprains, muscle strains, plantar fasciitis, bursitis, tendinitis, and more. Your physical therapist will teach you about what your body is experiencing and the recovery process it will go through. You and your physical therapist will work together to help you reach your physical goals, allowing you to be engaged and active in your rehabilitation.

Physical therapy offers so much more than current symptom relief — it offers sports injury prevention and natural performance enhancement. If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team. Confirm your appointment with one of our experienced physical therapists today and get started on the right track toward returning to the sport you love!

Call us at (785) 749-1300 or visit us at
www.therapyworkskansas.com
to schedule your appointment today!



Has Your Pain Come Back? Come Back to PT!

- 1 Keep up with your physiotherapy 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 your pain.
- 3 Contact TherapyWorks for an appointment. We will guide you so you can get back to the activities you love.

(785) 749-1300

Exercise Essentials

KNEE EXTENSION STRETCH

While sitting near the edge of a chair, tighten your top thigh muscle to press the back of your knee downward towards the ground. Repeat 6 times on each leg.



TIPS FOR AVOIDING SPORTS INJURIES



With a new school year comes a new season for sports! Whether your kids play for their school team or an extracurricular rec team, there is always the risk of an injury. Some are fairly minor, such as scrapes and bruises, but some can be serious enough to need medical intervention. Here is a collection of tips that can help keep your kids playing the game they love rather than watching from the sidelines:

- 1. Get a preseason physical.** Make an appointment with your child's pediatrician to get a thorough sports physical before the season starts. A sports physical can assess any areas that may be a concern for your young athlete, and in turn keep them from exasperating any conditions that may need to be treated.
- 2. Emphasize the importance of warm-ups.** Stretching is important to loosen muscle fibers and increase blood flow to the area. A mix of both static stretches (such as toe touches) and dynamic stretches (such as high-knees) will get your athlete ready to hit the field.
- 3. Make Sure they are getting enough rest.** Muscle fatigue predisposes an athlete to injury, so sleep is critical for your body to restore and rebuild muscle fibers. Make sure your child is also taking a season "off," as overuse injuries are the most common injuries seen in young athletes.
- 4. Make sure they are hydrating!** Heat-related illnesses, such as heat exhaustion and heat stroke, are a real concern for anyone exercising outside, especially on hot and humid days. Make sure your child is adequately hydrating before, during, and after activity.
- 5. Make sure they are eating a healthy, well-balanced diet.** It is important for athletes to fuel up correctly with a diet that consists of whole foods such as fruits, vegetables, and lean proteins. Be sure to make time for breakfast, too!

Even when following tips and guidelines to the letter, injuries can unfortunately still occur. Be sure to tell your young athlete that the old saying "no pain, no gain" doesn't apply when it comes to actual injuries. Playing through pain can lead to further damage and a longer healing time, so it is important to address any nagging pains or acute injuries before they turn into something more serious.

Your physical therapy team at TherapyWorks can help create a plan to treat and prevent injuries by promoting strength training and proper form. Call us today to see how we can help your child succeed this season!

Patient Success Spotlight



"Michael was referred to me by a friend. He is awesome! Always pleasant and caring. Visited with me about various topics and I felt comfortable and relaxed. I've been coming since May and am better. I will continue my exercises at home. Thank you, Michael, for a great experience at TherapyWorks!" -Kathy

GIVE US A SHOUTOUT!

We want to hear your success story! Scan the QR code below to tell your PT story and leave your review. We look forward to hearing from you!



Scan the QR code to go to our Google Review page.

SEPTEMBER VIRTUAL WORKSHOP



ROTATOR CUFF

September 8th and 22nd, at 6:30pm

Scan the QR code or call us today to register for this free workshop.

