



ARE YOU READY FOR SPRING SPORTS?

**Be Prepared
with Physical
Therapy**

**CHECK OUT OUR FREE
VIRTUAL WORKSHOPS**

ALSO INSIDE:

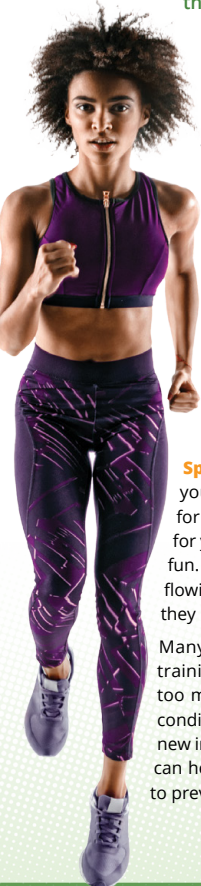
• Patient Success Spotlight • Be Someone's Inspiration!





Physical Therapy 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 TherapyWorks, 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 TherapyWorks 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:

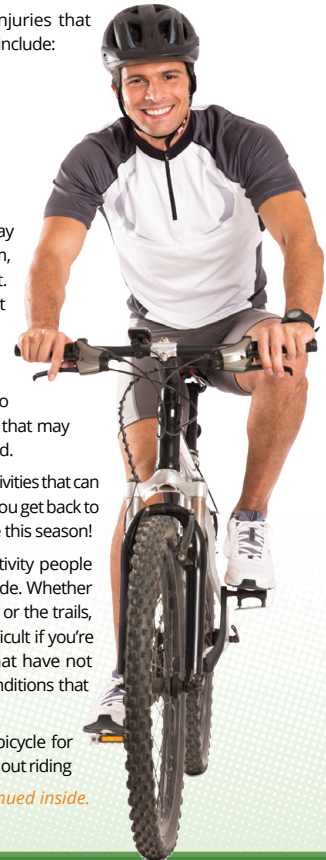
- Ligament sprains
- Muscle strains
- Overuse injuries (i.e., tendonitis, joint pain)
- Cartilage tears

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physical therapists at TherapyWorks 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!

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



Continued inside.

PHYSICAL THERAPY CAN HELP YOU GET BACK TO SPORTS THIS SPRING

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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 TherapyWorks 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 TherapyWorks 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!

(785) 367-3395

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8329326/>, https://journals.lww.com/acsm-csmr/fulltext/2016/05000/prevention,_evaluation,_and_rehabilitation_of.18.aspx

EXERCISE ESSENTIALS

Try this exercise to help strengthen your core.

Are You in Pain? Have You Suffered an Injury? 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.

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



NEED A REASON FOR SPRING CLEANING? HERE'S THREE!



Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else.

Patient Success Spotlight



"I believe the therapists are well trained and very knowledgeable." – Bill

APRIL VIRTUAL WORKSHOPS

SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., MCMT

April 12th at 6:30 pm



BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., MCMT

April 26th at 6:30 pm



FACEBOOK LIVE INTERVIEW EVENTS

April 5 at 3:30 pm

Topic: Interview on Shoulder Pain with Mark Hurley, PTA



April 19th at 4:30 pm

Topic: Interview on Hip Pain with James Quinn, DPT



Checkout our Facebook page for more details www.facebook.com/TherapyWorksKS/



BE SOMEONE'S INSPIRATION!



Your PT success story could be someone's inspiration to get the help they need! Scan the QR code below to share your story and make a difference in someone's life.

Share Your Success Story

