

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY



Continued from previous page.

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.

HOW PHYSICAL THERAPY CAN HELP WITH A SPRAIN OR STRAIN INJURY

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

WHAT YOU CAN EXPECT IN PHYSICAL THERAPY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.

Foam rolling is an effective way to warm up tissue without negatively affecting performance.

Strength training can keep the joints supported and the muscles and tendons resilient.

Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!

Hydration is essential for recovery and injury prevention. Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

At TherapyWorks, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

REQUEST AN APPOINTMENT

(785) 367-3395



**Vibrant Health
SOLUTIONS**

TherapyWorks is now the premier physical therapy provider for Vibrant Health Solutions.

TherapyWorks has been serving the people of Lawrence, KS since 1994. We have a highly experienced and dedicated team of physical therapists who offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Our patients have found high levels of success in our treatment services due to our implementation of advanced technology and methods.

Our team is here to provide support and help YOU reach YOUR GOALS. Contact TherapyWorks today!

Start Feeling Better Today! Call Us At (785) 367-3395 Or Visit Us Online At www.therapyworkskansas.com

EXERCISE ESSENTIALS

Try this exercise to help improve your core.

CLAMSHELL BRIDGE (WITH EXERCISE BAND)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.

PT WORKS



Welcome



Andrea D., MSN, APRN, FNP-C



Andrea D'Achiardi is our new Nurse Practitioner with Vibrant Health Solutions.

AUGUST VIRTUAL WORKSHOPS

SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., P.T., MCMT

- August 2nd at 6:30 pm
- August 30th at 6:30 pm



BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., P.T., MCMT

- August 16th at 6:30 pm

[Click Here for Workshop Info](#)

FACEBOOK LIVE INTERVIEW EVENTS



August 9th at 11:30 am
Topic: Fall Prevention with Mark Hurley, PTA

August 23rd at 4:30 pm
Topic: Jaw 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! Click below to share your story and make a difference in someone's life.

[Share Your Success Story](#)

[Click Here to Leave Us A Review](#)