



HOW YOU CAN AVOID  
**SURGERY AFTER  
A SPORTS INJURY**

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PHYSICALTHERAPYCENTER.ORG



Stop letting pain get in the way.  
Call The Physical Therapy Center today at (704) 847-6351

# How You Can 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 kneecap 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 The Physical Therapy Center & Sports Medicine 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 The Physical Therapy Center & Sports Medicine 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 re-injury.

**Book An Appointment Today!**

# 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, The Physical Therapy Center & Sports Medicine 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 stretching often
- Do coordination training
- Do strength training
- Do endurance training

[www.PhysicalTherapyCenter.org](http://www.PhysicalTherapyCenter.org)



## Feel Better By Eating Better!

### Pink Sunrise Strawberry Smoothie

- 1 cup frozen strawberries
- 1/2 cup milk – regular, nut, coconut, hemp, etc.
- 1/4 cup frozen raspberries
- 2 tbsp honey (optional)
- 1/4 cup blueberries
- 1 tbsp hemp seeds
- 1/2 – 1 small beet frozen
- 1 ripe banana
- 1/2 cup ice
- 1/2 cup kefir

Place all ingredients into a high-speed blender. Run on the smoothie setting or on high for 1-2 minutes or until completely smooth. Serve and enjoy!

## Get Your Life Back with PT Center

Make an appointment today to start living your life again, pain-free!

**Matthews Location**  
(704) 847-6351

**Waxhaw Location**  
(704) 843-7000

**South End Location**  
(980) 833-1293

**Monroe Location**  
(704) 283-6700



# Patient Success Spotlight

## Valentine's Day Word Search

C U U U V A L E N T I N E S J  
F U A H U E Q J J X N Q R K P  
U T P H R Q Z P S W E E T C Q  
X J W I J A U H A A W M A R V  
Q I F R D R C D E O C X J B L  
Z M D O Z R C X L A C T G Z L  
S H P Y U O H F L M R K A S C  
S K E C N W O V F O W T X D H  
Y I P H R G C P E H V V F Y U  
G S U L D Q O M U N O E E N G  
I S Q W U U L D L V M O Q J S  
F E A L Q C A N D Y W J Z E J  
T S X R F Y T V K N S J Z G B  
A O W X G N E F C Z A Y O C H  
A O J Z K Q H P D T C O R D F

- Gift
- Hugs
- Love
- Arrow
- Candy
- Cupid
- Heart
- Sweet
- Kisses
- Flowers
- Chocolate
- Valentine



### Ryan D.

"I am extremely impressed with the quality of people who have been involved with the rehabilitation of my right shoulder (damaged rotator cuff in a water skiing accident) which I believe won't need surgery as a result of my physical therapy at the PT Center in Matthews. Todd and his crew are fantastic and know exactly what they are doing to help individuals like me to recover with surprising results! Over a relatively short period of time (considering the alternative) I've regained my full range of motion and now working on strength training at home. They were an absolute blessing and pleasure to work with.

Once again, thanks to all who have helped me heal in a most proficient and healthy manner. I just can't say enough about these men and women who actually care and live out their mission to help those who are injured and hurting. Thank you, thank you, thank you! You all are phenomenal!"

### Prone on Elbows



Lie on your stomach with your hands beside your shoulders. Push with your arms up onto your elbows. Hold for 10 counts then return to start position. Repeat 8 times. This exercise helps loosen your lower back.

### Challenge Your Mind

Challenge your mind! Try looking for three hidden images placed in this newsletter. Bring it to one of our front desks at your next appointment for the chance to win a prize!

