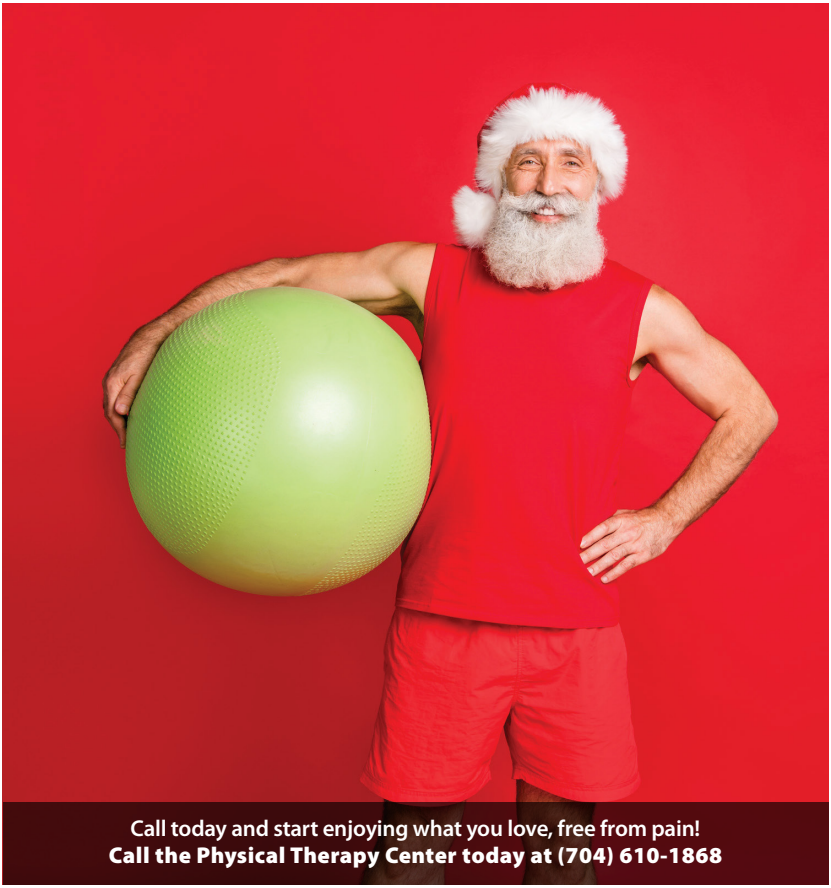
PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE

HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

PHYSICALTHERAPYCENTER.ORG



How Physical Therapy Helps Prevent Injuries

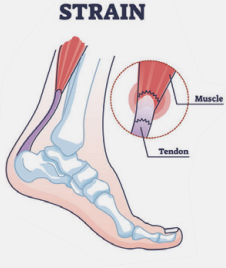
Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At the Physical Therapy Center, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At the Physical Therapy Center, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

Call today to schedule an appointment with one of our experts!







How To Tell Injury From Normal Aches & Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

Book An Appointment Today!

7 Easy Ways To Prevent Injuries On Your Own

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Dynamic warm-ups (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. Hydration is essential for recovery and injury prevention.
6. Stay within your abilities. It is vital to train and practice any physical activity by starting small and building up from there.
7. Use the proper equipment. Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

Contact Us Today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact the Physical Therapy Center today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Sources:
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https://pubmed.ncbi.nlm.nih.gov/29352373/
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Feel Better By Eating Better!
Healthy Ginger Molasses Cookies

- 1 egg
- 1/2 cup almond butter
- 1/3 cup coconut sugar
- 2 tablespoons molasses
- 1 teaspoon Vanilla Extract
- 1 teaspoon Ginger
- 1/4 teaspoon Allspice
- 1/4 teaspoon sea salt
- 1/4 teaspoon baking soda
- 3 tablespoons coconut flour

Preheat the oven to 350ºF. Line a baking sheet with parchment paper and set aside. In a mixing bowl, combine the egg, almond butter, coconut sugar, molasses and vanilla. Beat with an electric mixer until smooth. Add the spices, salt, baking soda and coconut flour and beat again until a sticky dough forms. Using a small cookie scoop, drop the dough onto the baking sheet, spacing the cookies at least 2" apart. Repeat until all the dough has been used. Gently flatten the cookies with your hands and sprinkle with sugar. Bake on the center rack for 11 minutes. Remove from the oven and allow the cookies to cool for 10 minutes on the pan before transferring them to a wire rack to finish cooling. Once cool, pack up and/or enjoy!

Get Your Life Back with PT Center

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

Matthews Location
(704) 610-1868

Waxhaw Location
(704) 459-4269

South End Location
(980) 303-3991

Monroe Location
(704) 459-3794

PT Center
PHYSICAL THERAPY AND SPORTS MEDICINE

10 Ways To Approach
A New Year's Resolution

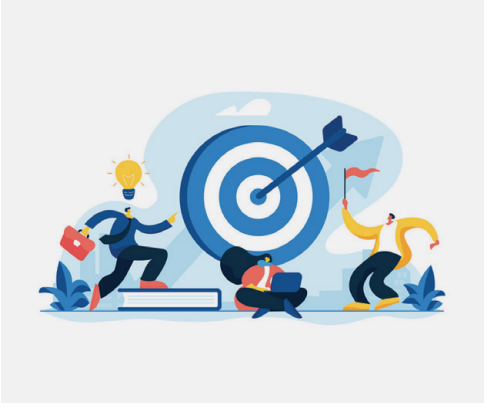
A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!
5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.



8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Choice Physical Therapy is confident in your ability to hit your goals.

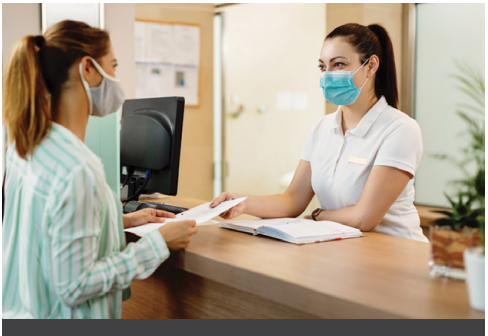
Featured Exercise
Double Knee To Chest

SimpleSet Pro



Lay flat on your back with your knees bent. Draw both knees up to your chest as far as you can. Wrap your arms around your thighs and gently pull, feeling for a stretch. Relax back down.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit physicaltherapycenter.org to schedule your consultation today!