

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R

TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

INSIDE:

- Tips For Preventing Avoidable Injuries With Physical Activity
- How Can I Prevent These Injuries?
- Coupon Corner!
- Staff Spotlight

No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

(continued inside)



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TIPS FOR PREVENTING AVOIDABLE INJURIES WITH PHYSICAL ACTIVITY

INSIDE:

- How Can I Prevent These Injuries?
- Staff Spotlight

- Coupon Corner!
- Exercise Essentials



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. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover.

What are some common injuries?

At Pro-Active Physical Therapy, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe,

braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

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, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendinitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendinitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. For example, some people may develop tendinitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendinitis can be corrected with physical therapy treatments since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

For more information on how you can prevent severe injuries, contact Pro-Active Physical Therapy today.



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HOW CAN I PREVENT THESE INJURIES?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half-mile and slowly build up. When you push your body past its current limits, you make yourself

more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now?

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 Pro-Active Physical Therapy 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!

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HONEY GARLIC CAULIFLOWER



- 1 head cauliflower, chopped
- 1/3 cup honey
- 1/3 cup soy sauce
- 2 garlic cloves, minced
- Juice of 1 lime
- 1 tbsp. sriracha
- 1/4 cup water
- 2 tsp. corn starch
- 1/4 cup sliced scallions

INGREDIENTS

- 1 cup all-purpose flour
- 2 cup panko breadcrumbs
- 3 large eggs, beaten

INSTRUCTIONS

Preheat oven to 400° and line a large baking sheet with foil. In a large bowl, combine flour and cauliflower, toss until fully coated. Set up a dredging station: In one bowl, add panko breadcrumbs and in another bowl whisk eggs and add 2 tablespoons water. Dip cauliflower in beaten eggs, then panko until fully coated. Transfer to a prepared baking sheet and season generously with salt and pepper. Bake until golden and crispy, 20 to 25 minutes. Meanwhile, make sauce. In a small bowl, whisk together cornstarch and water, until the cornstarch dissolves completely. Set aside. Combine soy sauce, honey, garlic, lime juice and Sriracha in a small saucepan over medium heat. When the mixture reaches a boil, reduce heat and add the cornstarch mixture. Bring to simmer again and cook until sauce thickens, about 2 minutes. Toss cooked cauliflower in sauce until evenly coated. Return the cauliflower to baking sheet and broil for 2 minutes. Garnish with scallions and serve immediately.

EXERCISE ESSENTIALS

Helps With Leg Pain



STANDING CALF STRETCH

Using a chair for support, execute by standing with one foot in front. Slowly lean forward. You should feel a stretch in your back calf. Keep your back knee locked and hold for 5-10 seconds. Repeat 3 times per leg.



Patient Success Spotlight



“6 weeks later and I’m walking better than I have in years.”

“All of the team at Malvern Physical Therapy take great care to assist with recovery from surgery or injury. They are very respectful. They all have fun at their jobs too which makes it very pleasant to be there. I went after total knee replacement surgery. 6 weeks later and I’m walking better than I have in years. The exercises were easy to follow and duplicate at home during the off days. The equipment is all in good shape and kept clean. I would highly recommend them.” - **J.C.**

FUN & GAMES

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CALL TODAY!

Staff Spotlight



Krista Adams

Physical Therapist, Malvern Physical Therapy

Krista is a current resident of Bryant, AR. She has 2 nieces that she loves to spoil and says they are the best in the world! She attended college atUCA for her undergraduate and Harding University for PT school. In her spare time she enjoys relaxing in her hammock and going to the lake. Krista participates in various community service projects throughout her church in Little Rock and surrounding communities. Krista joined our team in May 2018. She loves being able to help people return to their lives.

When asked what her favorite part of the job is she says:

“Meeting people from all walks of life and being part of their journey along the way” - Krista

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COUPON CORNER!

**FREE 15-MINUTE
IN-CLINIC OR
TELEHEALTH
APPOINTMENT!**

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