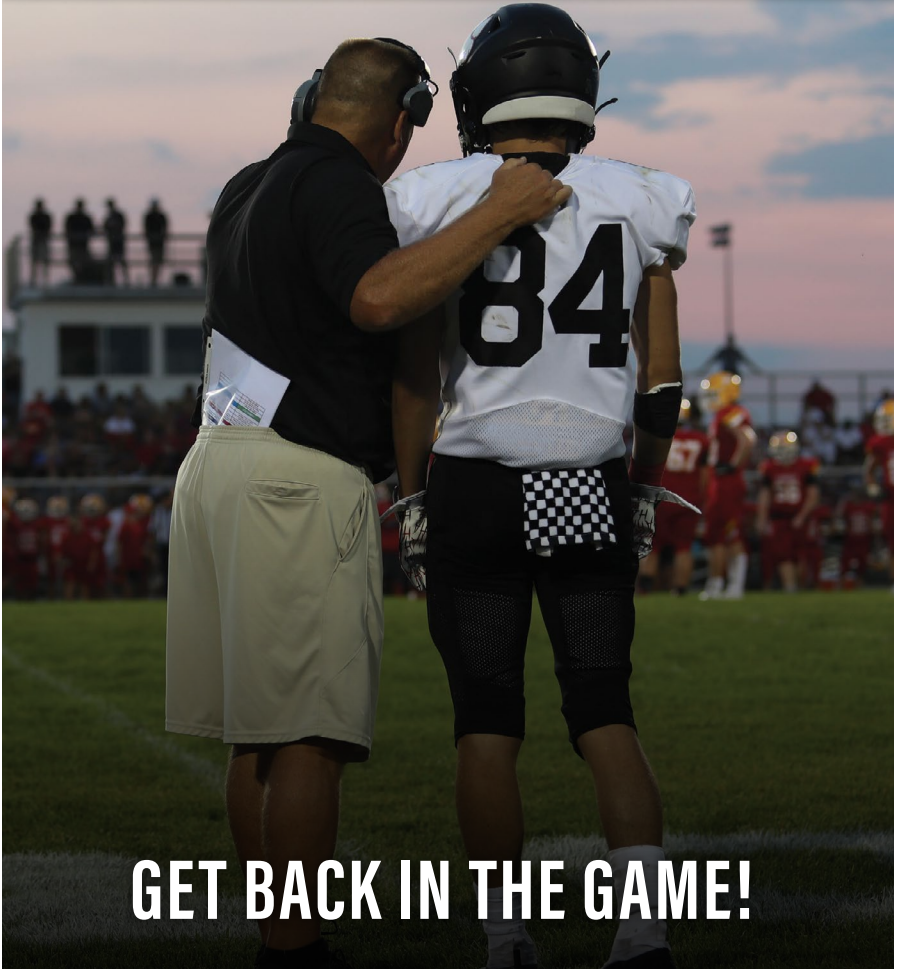


# MALVERN

## PHYSICAL THERAPY

N E W S L E T T E R



**GET BACK IN THE GAME!**



[www.malvernphysicaltherapy.com](http://www.malvernphysicaltherapy.com)

# MALVERN PHYSICAL THERAPY

N E W S L E T T E R



## GET RELIEF FOR YOUR SPORTS INJURY

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game. Thankfully, at Malvern Physical Therapy, our physical therapists are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physical therapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

Contact Malvern Physical Therapy today to consult with one of our physical therapists.

### WHAT ARE THE MOST COMMON SPORTS INJURIES?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

- 1. Acute trauma:** A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.
- 2. Repetitive/overuse injuries:** Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

### ACUTE INJURIES ARE CAUSED BY A SINGLE SPECIFIC INCIDENT, SUCH AS:

- Sprains: injuries to ligaments
- Strains: injuries to muscles
- Fractures: injuries to bones
- Tears: injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

### SOME EXAMPLES OF OVERUSE INJURIES INCLUDE:

- Tendinitis
- Bursitis
- Shin splints
- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Malvern Physical Therapy can help you find relief!

### OUR CLINICS ARE LOCALLY OWNED AND YOU CAN EXPECT TO RECEIVE HANDS-ON TREATMENT AND 1:1 ATTENTION DURING YOUR VISIT.

To learn more about how we can help you live your healthiest life, contact us today! We can help you thrive and get ready for the upcoming new year!



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# HOW PHYSICAL THERAPY CAN HELP

Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our physical therapists are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance

and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury. The overall goals of physical therapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

## CONTACT US TODAY!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At Malvern Physical Therapy, our physical therapists will help you get started on the right track toward returning to the sport you love! If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team! Call today to schedule an appointment with one of our specialists.

Sources: <https://link.springer.com/article/10.2165/0007256-200131140-00003> • <https://www.dkinjuryclinic.com/v2/wp-content/uploads/2020/10/3-4-74-161.pdf> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5532190/> • <https://www.cdc.gov/nchs/data/nhsr/nhsr099.pdf> • <https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics> • <https://orthoinfo.aaos.org/en/diseases-conditions/sprains-strains-and-other-soft-tissue-injuries/>



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## EASY APPLE CRISP

A NEW FALL FAVORITE

### INSTRUCTIONS:

- 6 apple - peeled, cored & sliced
- 1 cup water
- 1 (18.25 ounce) package white cake mix
- 1 cup packed brown sugar
- 1 teaspoon ground cinnamon
- ½ cup butter, melted

**INSTRUCTIONS:** Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish. Arrange apples in an even layer in bottom of baking dish. Pour water over apples. In a medium bowl mix together cake mix, brown sugar, and cinnamon. Stir in melted butter or margarine until ingredients are thoroughly blended; mixture will be crumbly. Sprinkle mixture over apples. Bake in preheated oven for 50 to 55 minutes.



## THERE'S NO WAY AROUND IT; HEALTH INSURANCE BENEFITS CAN BE ABSOLUTELY MIND-BOGGLING.

Now that the end of the year is getting closer, many patients have met their insurance deductible. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment could be minimal or entirely covered by your insurance plan!

If you've met your insurance deductible for the year, it's a good idea to visit one of our clinics for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today.



## Patient Success Spotlight



**"Fantastic staff very caring. Kayla goes above and beyond. I was very comfortable and felt secure with my therapy. Great place!!" – B.G.**

**"They have all been so supportive and helpful- I feel 30 years younger!" – P.S.**

### IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

## FUN & GAMES

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### FREE 15-MIN CONSULTATION

Call to schedule yours today!

## Staff Spotlight



### Kayla Browning

Physical Therapist at Benton  
Physical Therapy

Kayla Browning is one of our Physical Therapist at our Benton location. Kayla and her husband Jason are current residents of Haskell along with their 1 year old son Jackson and two rotten dogs, Gunner and Moo. In her spare time she enjoys spending time with friends and family, chasing her son around, and watching football. One day she would love to be able to attend a Baltimore Ravens NFL home game. Kayla attended UCA, and she joined our team in October of 2020. She loves to see the progress her patients make in real time.

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

*"Experiencing the "wins" with my patients after all their hard work". – Gwyn*

# MALVERN PHYSICAL THERAPY

## WIN A \$50 AMAZON GIFT CARD!

All 5-star reviews will be entered to win a \$50 Amazon gift card! Please include first name and last initial in your review so we can contact the correct winner!

Scan the QR code below to leave your review now.



This offer ends on November 30<sup>th</sup> 2022