

# MALVERN

## PHYSICAL THERAPY

NEWSLETTER



# SPRING BACK INTO YOUR SPORT



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

# MALVERN PHYSICAL THERAPY

N E W S L E T T E R



## PHYSICAL THERAPY CAN HELP YOU GET BACK TO SPORTS THIS SPRING

Are you looking forward to the beautiful weather this spring? With so many great activities to look forward to, it's important to make sure your health is in tip-top shape for this season. At Malvern Physical Therapy, our physical therapists can help you get over an injury and get ready for spring-time fun!

A physical therapy program can increase your fitness level and help you make the most of your favorite activities. Physical therapists are movement experts who understand the body's demands and how to prepare for activities like running, biking, and playing sports.

If you're looking to get more physical activity this season or finally resolve that old injury and aching joints, call Malvern Physical Therapy today. We'd love to help you get in the best shape possible so you can participate in all of your favorite activities!

**Sports:** Being able to practice the sport you love, whether competitively or just for fun, is essential. Sports provide a way for you to get physical activity while having fun. Your heart rate rises,

your blood gets flowing, your muscles get the workout that they need. Many sports injuries are caused by not training in the off-season or trying to do too much too soon. Improper training and conditioning can resurface old injuries and new injuries starting. Our physical therapists can help you implement effective strategies to prevent sports injuries this season.

### Common sports injuries that physical therapy can treat include:

- Ligament sprains
- Muscle strains
- Cartilage tears
- Overuse injuries (i.e., tendonitis, joint pain)

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physical therapists at Malvern Physical Therapy can help you get in shape and be prepared for the season. We can also guide you to recover from past injuries that may not have adequately healed.



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# HOW WE CAN HELP YOU BE READY THIS SPRING

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physical therapists at Malvern Physical Therapy can help you get in shape and be prepared for the season. We can also guide you to recover from past injuries that may not have adequately healed.

**Here are some excellent activities that can get you in shape and help you get back to playing the sports you love this season!**

**Biking:** Biking is a fun activity people enjoy as it warms up outside. Whether you are riding on the road or the trails, biking can prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will not only keep you active, even 15 or 20 minutes twice a week is a good start.

A physical therapist can show you the best way to ride the type of bike you own. Our physical therapist can help to mobilize your joints, build up strength and improve your endurance so you can continue taking those long bike rides through the park, mountains, or city streets! Having the proper fit can ensure you spend time enjoying the ride instead of recovering from an injury.

**Running:** One of the best activities to get in shape or decompress from stress is running. Unfortunately, new and old runners alike will experience injuries that prevent them from putting in the miles. Too often, runners ignore their injuries or don't resolve them entirely, only to worsen or develop a new problem.

While running may be your chosen spring activity, it certainly can be hard on the body, and without proper guidance, you may find yourself unable to run at all. That's why participating in a regular physical therapy routine at Malvern Physical Therapy is such a good idea.

If you're having difficulty running at the same levels of speed or distances that you're used to, it's a sign you should see a physical therapist ASAP for care. We'll make sure your muscles are strong, and your plan for training is sound. We can help make sure your joint health is up to par before you hit the trails this season.

**Request an appointment today!**

Spring has sprung, and it's time for you to get back in the saddle when it comes to your outdoor activities and hobbies. Whatever you enjoy doing to stay active, our physical therapists at Malvern Physical Therapy can make sure your body is fully equipped to handle it! Call our clinic today to schedule a consultation, so you can get out there and enjoy all spring has to offer!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8329326/> • [https://journals.lww.com/acsm-csmr/fulltext/2016/05000/prevention\\_evaluation\\_and\\_rehabilitation\\_of.18.aspx](https://journals.lww.com/acsm-csmr/fulltext/2016/05000/prevention_evaluation_and_rehabilitation_of.18.aspx)

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## RECIPE OF THE MONTH: DILL DIP



### INGREDIENTS:

- 1 1/2 c. mayonnaise
- 1 1/2 c. sour cream
- 2 tbsp. pickle juice (from jar)
- 2 tbsp. dried dill
- 1 tbsp. dried parsley
- 1 tbsp. dried minced onions
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- Fresh dill, chopped, for garnish
- Cherry tomatoes, carrots and celery sticks, radishes, bell pepper slices and potato chips, for serving

**DIRECTIONS:** Stir together the mayonnaise, sour cream, pickle juice, dill, parsley, minced onions, garlic powder, and black pepper in a medium bowl. Cover and refrigerate for at least 30 minutes or overnight (for best results). Spoon the dill dip into a small bowl and garnish with fresh dill, if you like. Serve with cherry tomatoes, carrots and celery sticks, radishes, bell pepper slices, and potato chips.

## EXERCISE ESSENTIALS

### CORE KICKOUTS

Start by lying on your back with your knees bent to 90-degrees and your feet on the floor. Slowly kick one leg straight out and then bring it back in. Repeat on the other side. Make sure to keep your abdominals braced. Repeat 3 sets, 10 reps each.

PT WIRED  
[www.ptwired.com](http://www.ptwired.com)



## Patient Success Spotlight



**"Best PT I have ever had. Sarah is so knowledgeable and communicates excellently. Techs were great! I highly recommend proactive for any/all pt needs!"**— J.B.

**"Everyone is extremely nice and makes your experience the best they can. Absolutely love everyone here!"**— S.S.

### IF YOU NEED TO HAVE THERAPY:

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

## FUN & GAMES

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		9	4	3				
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4		8						
				4	9	1		
	7	2	3					

### FREE 15-MIN CONSULTATION

Call to schedule yours today!

## Staff Spotlight



### Sarah Phillips | Physical Therapist at Sheridan

Sarah, her husband Jordan and their two sons Mason and Morgan are current residents of Sheridan, AR. They share their home with their 3 dogs Charlie, Layla and Dani. In her spare time Sarah likes spending time with family, playing with her dogs and Flea Market shopping. One day she would love to visit every continent (except Antarctica)! She is involved in Awanas and life groups at her church and she also stays involved in school activities with her husband who teaches and coaches at Sheridan High School. Sarah graduated from UCA in 2017 and joined our team in May, 2018 and since has completed her certification in Dry Needling. Sarah is also very excited to announce she will be returning to her town of Sheridan as the Physical Therapist at our newest location Pro-Active Physical Therapy Sheridan! Sarah says she loves the atmosphere here and the genuine passion she and her fellow employees have for helping make patients better.

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

*"Seeing patients succeed and meet their goals. Some of the transformations we see make doing this job so much fun!"*

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## 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 April 30<sup>th</sup> 2023