

# MALVERN

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## PHYSICAL THERAPY

N E W S L E T T E R



**RESOLVE & PREVENT  
INJURIES THIS SUMMER**



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

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## PHYSICAL THERAPY

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## RESOLVE & PREVENT INJURIES THIS SUMMER

Do you have persistent pain you're trying to get rid of? Do you wonder what you can do to prevent injuries? At Malvern Physical Therapy, our skilled therapists can perform an injury assessment to help identify the steps you need to take to resolve your aches and pains now and, more importantly, prevent injuries in the future!

We understand that many people simply don't know if they feel normal. Too often, people take a "wait and see" approach rather than address their concerns head-on. People are worried they will have to keep coming back to physical therapy, but your program can be

a "one and done" deal when you come in for an injury screening. At Malvern Physical Therapy, we can determine if your condition requires more intense therapy or should be done independently at home.

Give us a call today to hear more about our injury prevention services and how we can make sure your treatment with us will be what you need to get back in the game and prevent future problems.



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# HOW CAN I PREVENT AN INJURY?

At Malvern Physical Therapy, we offer injury screenings to help determine if you need physical therapy to resolve your pain and identify your likelihood of experiencing an injury in the future. Your body tells you what it can and cannot do in subtle ways, and we can help figure out what it is trying to communicate to you! We will analyze how your body moves and perform a physical assessment of your soft tissue and joints to understand better why you are hurting. This information can help identify mobility deficits and weaknesses that make you more susceptible to injuries. This assessment can include more activity-based analysis like watching how you squat and jump or performing a gait and balance analysis. We are on the lookout for abnormalities during the screening, whether in wobbly landing positions, weaknesses, loss of motion, or general issues with posture and techniques. Our comprehensive assessment helps determine if you have an injury that's causing your pain. We can also assess if you are compensating due to an underlying issue that is causing the pain.

## 3 Simple Ways to Prevent Injuries

If you've suffered from pain and injury in the past, and you want to figure out how to stop them in the future, schedule a consultation with one of our physical therapists today. We will educate you about what your body is telling us and what you can do to reduce your injury risks. Some of the most important steps you can take include the following:

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- 1. Proper sleep:** Sleep is the most effective strategy that everyone can do to reduce their risk of injuries. Research has shown that people sleeping less than 6 hours a night are more likely to injure themselves. In comparison, sleeping 8-10 hours per night has the most significant effect on injury prevention.
- 2. Strength training:** Building strength has been shown to reduce injuries to muscles, tendons, and joints. Strengthening is one of the most effective strategies you can do to help stay injury-free.
- 3. Nutrition matters:** A scientifically-backed approach, like the Mediterranean Diet, helps provide the nutrition you need to recover from injury and reduce the risk of future injuries. Processed foods, foods high in sugar and fat, limit your body's ability to heal and perform at a high level.

Surprisingly, multiple research studies have concluded that stretching and flexibility are ineffective for injury prevention. The tightness you feel may indicate weaknesses or joint restrictions and not be related to the flexibility of your tissue. Stretching can feel good, and people like to do it, but other proven methods are more valuable than preventing injuries.

## Call today to schedule an appointment

At Malvern Physical Therapy, our team of physical therapists is experts at treating injuries and preventing future injuries. We have proven success with treating people of all skill levels. Call today to schedule an appointment with one of our specialists!

Sources: <https://link.springer.com/article/10.2165/0007256-200131140-00003> • <https://bjsm.bmj.com/content/52/24/1557.abstract> • <https://pubmed.ncbi.nlm.nih.gov/29352373/>

## BLACKBERRY GRILLED CHEESE



### INGREDIENTS:

- 2 slices whole grain bread
- ¼ cup blackberries
- 1-2 ounces brie cheese
- 2 teaspoons butter

**DIRECTIONS:** Heat grilling pan over medium heat. Spread butter on the outside of each slice of bread and add to the pan. Add the brie and blackberries to one slice of the bread. Allow bread to toast on the pan for about 2 minutes. Place the empty slice on top of the slice that has the brie and blackberries with the butter side up. Using a spatula, press the top of the bread down to stick to the brie and blackberries. Carefully flip the sandwich and keep it on the pan for another minute or two. After the outside of the sandwich is golden and toasted, and the cheese is heated, the sandwich is ready. Remove sandwich from heat and place on a plate. Allow sandwich to rest for 2 minutes, then slice in half.

## EXERCISE ESSENTIALS

### SUPINE HIP CIRCLE

Lie flat on your back with your hands on your chest and your legs together straight out. Keeping your leg straight raise one leg up so your heel is at the height of your other toe and slowly draw circles in the air with your foot moving only at your hip joint. Repeat 3 sets of 10 reps.



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

## Patient Success Spotlight



"Nick is inclusive in his plans and diligent in seeing them through with care. I am very satisfied." —D.C.

"The staff is very personable, yet very professional. They have extreme attention to detail when teaching P.T. Routines and workouts. This is the 4th time I've used them and won't use anyone else!" —F.Z.

### IF YOU NEED TO HAVE THERAPY:

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

## FUN & GAMES

					1	9	3	
		9	4	3				
						7		5
		1	8	6		5		7
6	9		5		3		2	1
7		5		9	2	4		
4		8						
				4	9	1		
	7	2	3					

### FREE 15-MIN CONSULTATION

Call to schedule yours today!

## Staff Spotlight



### Nick Dobbs

*Physical Therapist at our Malvern Clinic*

Nick, his wife Anna and their son Hudson are current residents of Benton, AR. They love spending time with their families and friends and are avid Razorback and Steelers fans. Nick joined our team in June 2016 after graduating from University of Central Arkansas. He has also completed his Dry Needling certification. Nick likes being able to help others and it shows through his work.

### When asked what his favorite part of the job is, he says:

*"the interactions I'm able to have with the staff and patients and learning something new each day."*

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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 June 31<sup>st</sup> 2023