



MALVERN
PHYSICAL THERAPY



NEWSLETTER



**GET RELIEF FOR YOUR SPORTS INJURY
AND GET BACK IN THE GAME!**



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NEWSLETTER



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:

- Tendonitis
- 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!



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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.

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PIZZA CASSEROLE

Ingredients:

- Kosher salt
- 16 oz. cavatappi pasta
- 2 tbsp. olive oil
- 1 lb. mild Italian pork sausage
- 3 cloves garlic, minced
- 28 oz. can crushed tomatoes
- 15 oz. can crushed tomatoes
- 2 tsp. dried oregano
- 1/2 c. grated parmesan
- 3 c. shredded mozzarella
- 1/2 c. chopped red onion
- 1 green bell pepper, chopped
- 1/3 c. pickled banana peppers
- 1/2 c. sliced black olives
- 3 oz. pepperoni slices, divided
- 1/2 c. fresh mozzarella pearls

Directions: Preheat the oven to 350°. Bring a large pot of water to a boil and season with salt. Add the pasta to the boiling water and cook to al dente. Drain and set aside. Meanwhile, heat a large skillet over medium. Add 2 tbsp of olive oil, then the sausage. Cook, stirring occasionally until browned and cooked through, about 7 min. Add the garlic and continue to cook for two more minutes. Add both cans of crushed tomatoes and the oregano. Bring the sauce to a simmer and cook for 5 min. Stir in the cooked pasta. Add half the pasta mixture to a 9-by-13-in baking dish. Sprinkle with 2 c of the shredded mozzarella cheese and 1/4 c parmesan cheese. Sprinkle half of the red onion, bell pepper, banana peppers and black olives over top. Top with half of the pepperoni slices. Top with the remaining half of the pasta, remaining 1 c of mozzarella cheese, 1/4 c parmesan cheese, half of the red onion, bell pepper, banana peppers, black olives, and pepperoni slices. Sprinkle with the fresh mozzarella pearls. Bake for 30 to 35 min until bubbly and lightly golden on top.

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/10.2165/00007256-200131140-00003> • <https://www.dkinjuryclinic.com/v2/wp-content/uploads/2020/10/3-4-74-161.pdf> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC532190/> • <https://www.cdc.gov/nchs/data/rtssr/rhs09.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/>



EXERCISE ESSENTIALS

CLAMSHELL BRIDGE (WITH EXERCISE BAND)

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Wrap a band around your legs just above your knees. Engaging the abdominals and squeezing the buttocks, slowly lift hips up towards the ceiling. While your hips are raised, spread your knees apart against the band and let them come back in slowly. Repeat for 3 sets of 10 reps each.



 PT WIRED
www.ptwired.com

Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.

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PATIENT SUCCESS SPOTLIGHT



"100% satisfied because of them, I am almost 100% back to normal. Staff was the best ever, they made me dig hard and motivated me to work harder." — B.H.

"Drew always asked questions about my pain and any issues I was having in everyday activities. When I mentioned problems getting in and out of my car, he asked to watch me in action. His advice on movement in my rotations was incredibly helpful. I've been pain free for over a week, and I feel like a different person." — B.B.

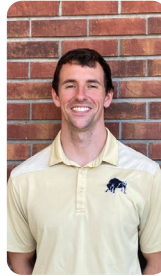
IF YOU NEED TO HAVE THERAPY:

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

STRETCH YOUR MIND

					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					

STAFF SPOTLIGHT



DREW DAVIS

Physical Therapist at our Sheridan Clinic

Drew is a current resident of Benton, where he lives with his wife Katelyn, their daughter Adalyn and their dog Tucker. In his spare time he likes to get in a good workout and he also enjoys online gaming. One day he would love to visit and bungee jump in Australia and New Zealand. Drew is a graduate of Harding University and he joined our team in June of 2021 at our Sheridan location. He loves learning new techniques so he can better help his patients.

HIS FAVORITE PART OF HIS JOB:

"Hearing my patients say, 'No more pain!'"



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THIS OFFER ENDS ON AUGUST 31ST 2023