



**BENTON**  
PHYSICAL THERAPY



**N E W S L E T T E R**



## **HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY**



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# BENTON

## PHYSICAL THERAPY

# NEWSLETTER



## HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call Benton Physical Therapy today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

### WHAT ARE THE MOST COMMON SPORTS INJURIES?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physical therapists will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

### WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?

#### SPRAINS

A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.

These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

#### STRAINS

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.



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# HOW WE CAN HELP WITH A SPRAIN OR STRAIN INJURY

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete's return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

## WHAT YOU CAN EXPECT IN PHYSICAL THERAPY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.

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- Foam rolling is an effective way to warm up tissue without negatively affecting performance.
- Strength training can keep the joints supported and the muscles and tendons resilient.
- Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
- Hydration is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

## CONTACT US FOR AN APPOINTMENT

At Benton Physical Therapy, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4732399/> • <https://pubmed.ncbi.nlm.nih.gov/24105612/> • <https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics>

## RECIPE OF THE MONTH: BIRDS NEST



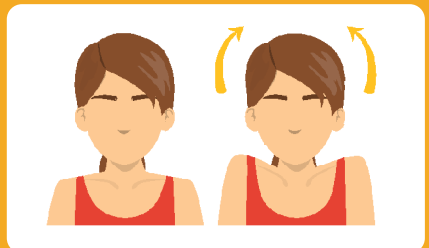
### Ingredients:

- 1 1/2 cups milk chocolate chips
- 2 2/3 cup peanut butter chips
- 4 cups fried chow mein noodles
- 1 (10-oz.) bag chocolate or malted milk eggs

**Directions:** Melt chocolate and peanut butter chips: Line a baking sheet with parchment paper. Combine the chocolate and peanut butter chips in a microwave-safe bowl. Melt 1 minute, stir, then continue to melt in 20-second bursts, stirring several times in between to encourage melting, until smooth. Add noodles: Transfer the mixture to a large bowl. Use a rubber spatula to gently stir in the noodles until well coated. Scoop nests: Use a large spoon to scoop a heaping portion of the mixture and place on the prepared sheet. Make a well in the center. Add chocolate eggs: Add 2 or 3 of the chocolate eggs. Repeat with the remaining chocolate mixture and chocolate eggs. Let Chocolate sit before serving.

## EXERCISE ESSENTIALS

### SHOULDER SHRUGS



Raise both of your shoulders as high as you can, as if you were trying to touch them to your ears. Keep your head and neck still and relaxed. Hold for a count of 5. Release. Repeat 10 times.

*If you have any questions, please consult with a healthcare provider before starting.*

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## PATIENT SUCCESS SPOTLIGHT



"Everyone is awesome here, I was told by someone special to me how great Pro-active Physical Therapy was, but I wasn't sure until I had my own experience here. I won't go anywhere else. You're always treated like you are the most important person in the room." — T

### IF YOU NEED TO HAVE THERAPY:

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

## STRETCH YOUR MIND

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

**CALL TO SCHEDULE A FREE 15-MIN CONSULTATION!**

## STAFF SPOTLIGHT



### SARAH PHILLIPS

*Physical Therapist at Pro-Active Physical Therapy Sheridan*

Sarah and her husband Jordan are current residents of Sheridan, AR. They have 2 wonderful boys Mason and Morgan. In her spare time Sarah likes playing with her kids, reading, exercising and going to ball games. One day she would love to visit every continent (except Antarctica)! She is a member of First Landmark Baptist 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 says she loves meeting new people and being an encouraging light in their life.

### HER FAVORITE PART OF HER JOB:

*"I thrive on seeing people improve physically and mentally after coming in to our clinic."*



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