



MALVERN
PHYSICAL THERAPY



N E W S L E T T E R



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



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MALVERN PHYSICAL THERAPY



NEWSLETTER



GET RELIEF FOR YOUR SPORTS INJURY & GET BACK IN THE GAME!

Thomas was an avid high school soccer player with dreams of making it to the college level. He trained hard and played even harder, but one misstep during a match changed everything.

As he lunged for the ball, he felt a sharp pain in his ankle and crumpled to the ground. The diagnosis was quick but disheartening: an ankle sprain.

Fortunately, at Malvern Physical Therapy our therapists are skilled at identifying and treating all types of sports injuries. Our therapists will conduct a whole-body assessment to ensure we identify all the factors that may impact recovery and design our programs tailored to the individual.

GIVE US A CALL TODAY TO LEARN MORE ABOUT OUR PROGRAMS AND SET UP AN APPOINTMENT WITH ONE OF OUR PHYSICAL THERAPISTS!

IDENTIFYING AN ANKLE SPRAIN

At first, Thomas didn't know the severity of his injury. Like many, he thought he could just 'walk it off'. However, the key signs were there:

- Pain
- Swelling
- Difficulty putting weight on the foot

Ankle sprains occur when the ligaments that support the ankle stretch beyond their limits and tear. When Thomas landed awkwardly, he twisted his ankle in the process. Although ankle sprains are common in sports and often ignored, getting proper care is critical to quick recovery and reducing the risk of future injuries. Unfortunately, too often, athletes don't want to miss out on competing and "play through" injuries. Ankle sprains, in particular, are susceptible to recurrent sprains, especially when not properly rehabilitated.



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THE ROAD TO RECOVERY

Thomas's journey to recovery began with a visit to Malvern Physical Therapy. He was evaluated by one of our skilled physical therapists and given guidance on how to recover quickly and get back into the game!

INITIAL STEPS

Initially, Thomas's therapy focused on reducing his pain, eliminating his swelling, and restoring his mobility. This involved:

• **M.I.C.E (Move, Ice, Compression, Elevation):** This simple method is crucial in the early stages of an ankle sprain. Thomas learned to keep moving his ankle, apply ice to reduce pain and use compression with elevation to reduce the swelling.

BUILDING STRENGTH AND STABILITY

Once the swelling reduced, Thomas's therapy shifted gears towards rebuilding strength and stability. This phase included:

• **Strengthening Exercises:** Thomas worked on exercises to strengthen the muscles around his ankle. These included toe raises and resistance band exercises.

• **Balance Training:** To regain stability, Thomas practiced balancing exercises. This was crucial to prevent future sprains.

REGAINING FUNCTIONALITY

The final phase of Thomas's therapy centered on getting him back to his pre-injury level and back on the field. This involved:



• **Functional Training:** Thomas gradually returned to activities that mimicked soccer movements.

• **Sport-Specific Drills:** As he regained strength, sport-specific exercises were introduced to prepare him for returning to soccer.

Through his recovery, Thomas also learned how to perform sport-specific warm-ups, the importance of sleep, and regular conditioning to prevent injuries.

EMBRACE THE RECOVERY BLUEPRINT AND GET BACK IN ACTION!

Thomas's story is a reminder of the importance of addressing sports injuries with the guidance from our team at Malvern Physical Therapy. Take the first step in healing your ankle sprain and returning to the sport you love by calling today to schedule an appointment!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3103112/> - <https://pubmed.ncbi.nlm.nih.gov/29514819/> - <https://www.sport.org/doi/10.2519/jpspt.2021.0503>

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BACON WRAPPED ROSEMARY GRILLED CHICKEN



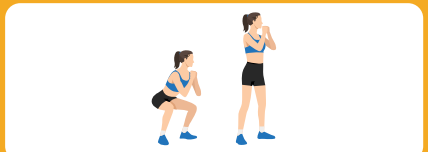
Ingredients:

- 4 teaspoons garlic powder
- salt and pepper to taste
- 4 skinless, boneless chicken breast halves
- 4 sprigs fresh rosemary
- 4 thick slices bacon

Directions: Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Sprinkle 1 teaspoon garlic powder on each chicken breast and season with salt and pepper. Lay one rosemary sprig on each chicken breast. Wrap bacon around the chicken to hold the rosemary on. Secure bacon with a toothpick or an additional thick rosemary stem. Cook chicken breasts until no longer pink in the center and the juices run clear, about 8 minutes per side. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Stay near the grill to combat any flare-ups from the bacon. Remove the toothpicks before serving.

EXERCISE ESSENTIALS

SQUATS



Stand with feet a about shoulder-width apart, toes facing front. Engage your core, hinge at the hips. Drive the hips back, bend at the knees and ankles, and press your knees slightly open as you sit down into a squat position, keeping your heels and toes on the ground, chest up, and shoulders back. (Strive to eventually reach parallel, meaning knees are bent to a 90-degree angle.) Press into your heels, engage your glutes, and straighten your legs to lift back to a standing position. Repeat ten times.

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

CALL 501.359.5948 TODAY

PATIENT SUCCESS SPOTLIGHT



"I've had to do PT several times in the past. It has always been a pleasure to come here, even when I was in pain. The entire staff makes you feel welcome and are concerned of your needs."

IF YOU NEED TO HAVE THERAPY:

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

STRETCH YOUR MIND

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

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STAFF SPOTLIGHT



LAUREN COOK
PT | Benton & Bryant

Lauren is a current resident of Sherwood, where she lives with her husband and their dogs. In her spare time she likes to hike, travel, spend time with her family and spoil her fur babies. One day she would love to visit Hawaii and hike at Torres del Paine in Chile. Lauren is a graduate of UCA and she joined our team in Sept of 2020. She likes feeling challenged to become the best therapist she can.

HER FAVORITE PART OF HER JOB:

"Interacting with patients and helping them return back to the activities they enjoy doing."



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