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HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body



HOW TO AVOID SURGERY AFTER A *SPORTS INJURY*

INSIDE:

- HOW PT CAN HELP WITH A
SPRAIN OR STRAIN INJURY
- PATIENT SUCCESS STORY
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HOW TO 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 participate 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 Atrium 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 for people seeking 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 therapist 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 return to sports rather than waiting to do nothing or hope 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.

Continued inside.

PUT YOUR PAIN BACK ON THE BENCH!

HOW PHYSICAL THERAPY 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 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 CAN YOU 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.

- 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 Atrium 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.



CALL 575.525.2450 OR VISIT WWW.ATRIUMPT.COM FOR MORE INFO

Try This Healthy Recipe

Skinny Orange Creamsicles

INGREDIENTS:

- 2 cups unsweetened Greek yogurt
- 1 orange
- 1 cup pineapple chunks
- 1-2 tsp. vanilla extract
- 1 tbsp. honey

INSTRUCTIONS:

In a high-speed blender or food processor, combine all ingredients. Process until completely smooth. Pour into popsicle molds and freeze until solid. Try swapping the orange with different fruit. Serves 6.

*Blend in spinach for a boost of greens.

MEET PHILIP



Philip was born in 1964, but if you ask how old he is he will tell you 14. He resets to 14 every year on Valentines day. He grew up in Encino, NM and lived there until he moved to Las Cruces in 2005. He started working at Atrium shortly after he moved. He lives with his sister and brother-in-law, Atrium owners

Elaine and Dennis Prickett, and mom. Philip loves going to work everyday where he can help his fellow co-workers. It is not unusual to see Philip dancing with patients and staff. He knows how to cut a rug! He loves to dust and shred paper and gets upset if he does not get to go to work. Philip has introduced his own language into Atrium that are referred to as Philip-isms, many of which you may hear if you listen closely to our staff as they interact with each other. His favorite past times are singing at church, eating out, watching "I Love Lucy" DVDs and playing hide and seek.

FEATURED TREATMENT: KINESIO TAPING

Kinesio taping aids in the restoration of function by restoring broken connections between the skin and the muscles, joints, and tendons beneath it.

During Kinesio taping, pain receptors become blocked from reaching the brain. Because pain signals can't be received, the likelihood of spasms is lessened. The muscles in the affected area will relax.

Blood flow and movement become restricted because of pressure. However, once pressure is gone, blood flow and mobility will be restored.

There are many reasons why taping may be useful to you in your healing journey!

How Does A Session of Kinesio Taping Work?

Our Las Cruces, NM physical therapist will perform a complete examination. This assessment will help them determine if Kinesio taping is the best option for your treatment plan.

The tape will also be placed on any other areas of your body that feel stiff or uncomfortable. Your therapist will also include a range of workouts and techniques into their therapy regimens based on your specific needs.

Many of our patients have discovered that this treatment method has assisted them in returning to a normal daily routine with no residual discomfort or stiffness!

If you believe you could benefit from Kinesio taping, please make an appointment at Atrium Physical Therapy today.

PATIENT SUCCESS

"This is my go-to place for physical therapy and recovery."

"This is my go-to place for physical therapy and recovery. Michael Durling, my therapist was great along with the staff of Atrium, Dennis Prickett the owner, Monique and Anna Marie up front. This is a first-class operation!" -**B. Graham**

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



CORE VALUES



HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy for a complimentary injury consultation. We will guide you so you can get back to the activities you love.

 575.525.2450