

Wright

PHYSICAL THERAPY

JOINT • SPINE • SPORT

**HOW WRIGHT PHYSICAL
THERAPY CAN HELP SPORTS
INJURIES THIS SUMMER**

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HOW WRIGHT PHYSICAL THERAPY CAN HELP SPORTS INJURIES THIS SUMMER



At Wright Physical Therapy, we are experienced in dealing with all summer sports season injuries and can give you the programs to prepare you for the season and prevent new injuries!

Are you looking forward to getting out on the courts? Do you look forward to golf or the start of baseball/softball season? The winter seasons can be sedentary and lead to more aches, pains, and discomfort than one may think. Fortunately, the warm weather is a great time to get outdoors and play sports.

If you find yourself in pain from a throwing injury or a bad swing of the club or racquet this summer, or you'd like to discuss ways you can get in shape to prevent any injury, don't hesitate to contact Wright Physical Therapy. Whether you are a young athlete or have played sports for decades, our physical therapists know how to treat your injuries and get you back in the game.

Common Causes Of Sports-Related Injuries

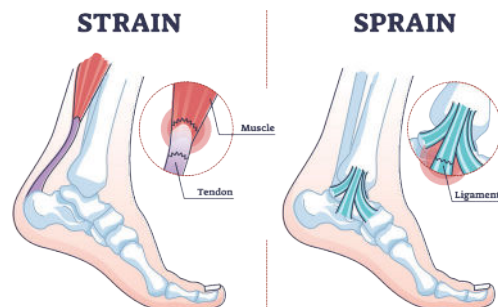
Injuries are a part of sports, but you can resolve them quickly and get back to doing what you love with a proactive approach to rehabilitation. Most athletes learn that taking care of issues when they are small leads to a faster recovery.

Many people think sprains and strains are the same, but they describe damage to different tissues. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains occur when a ligament is stretched beyond its limits or torn.

Strains occur when a tendon is stretched beyond its limits or torn.

Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.



Ankle sprains are often the result of a faulty step while running or stepping on uneven terrain. The injury occurs when the ankle rolls, twists, or turns awkwardly to the outer aspect of the ankle (i.e., lateral ankle sprain). This sudden stretch leads to partial or complete tearing of the ligaments supporting the ankle joint. The severity of the injury will determine the degree of pain, inflammation, and ability to move the joints where the injury occurred.

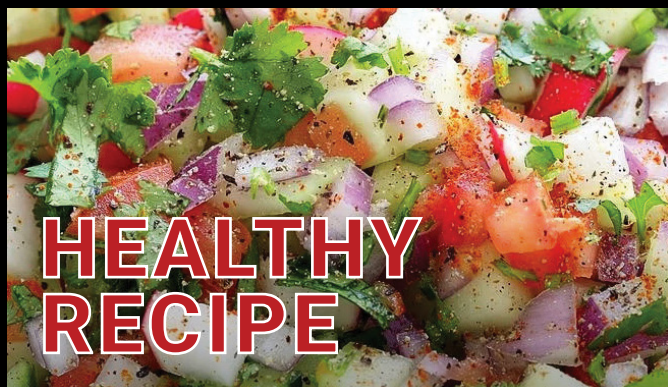
Approximately 85% of ankle sprains are inversion sprains (i.e., rolling outward). This injury damages the outside (lateral) ligaments and may lead to restrictions on how the joint moves.

Continued inside.

EXERCISE TO TRY AT HOME

Towel Crunches

Start by sitting in a chair with your bare foot resting flat on a small towel. Attempt to scrunch the towel with your toes and try to increase the arch in your foot, then control your foot back flat. Repeat this for 30-60 seconds for a set of 3.



Kachumber Salad

INGREDIENTS

- 1 small onion finely chopped
- 2 medium tomatoes chopped
- 1 large cucumber chopped
- 4-5 (4 to 5) red radishes chopped small (optional)
- 1 green chili finely chopped (remove seeds to reduce heat if needed)
- 1/4 cup (4 g) packed chopped cilantro
- 1/4 tsp (0.25 tsp) or more salt
- 1/4 tsp (0.25 tsp) or more freshly ground black pepper
- 1/4 tsp (0.25 tsp) or more cayenne pure red chili powder
- 1 tsp or more freshly squeezed lime or lemon juice



Directions: Chop the onions, tomatoes, cucumbers, radishes, wash and drain well then add to a bowl. Add the veggies and the rest of the ingredients to a bowl. Taste and adjust salt and heat. Serve.

<https://www.veganricha.com/kachumber-salad-cucumber-tomato-onion-salad-recipe/>

HOW WRIGHT PHYSICAL THERAPY CAN HELP SPORTS INJURIES THIS SUMMER

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The joint restrictions will, in turn, affect the athlete's ability to tolerate running and jumping and may also lead to chronic ankle instability and new injuries that impact an athlete's ability.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain is fully healed before returning to your normal level of physical activity. Regardless of the type and nature of your sports injuries, our team can help!

What To Expect From Physical Therapy

The overall goal of physical therapy is healing and prevention. In addition to treating the injury, our physical therapists will help resolve any pain, restore motion and strengthen the affected area to prevent additional injury. An effective rehabilitation program depends on a thorough history to understand the exact nature of the injury and the athlete's goals. We use the information gathered in the initial evaluation to identify the underlying condition and pathology of the symptoms.

The initial stages of physical therapy will focus on restoring any lost motion, reducing the swelling, and using all available treatments to alleviate any pain you may experience. Your physical therapist will incorporate manual techniques and modalities to reduce pain and inflammation before initiating active rehabilitation. Our programs focus on correcting dysfunction and/or improper technique and equipment.

Dysfunctional movement patterns can last for years, leading to re-injury and other injuries. Our therapists will design a comprehensive program that includes restoring range of motion, strengthening, neuromuscular control, proprioceptive responses, and sports-specific exercises. We will look for any changes in your gait pattern that may make it difficult for you to move around freely.

Our physical therapists will show you therapeutic exercises to address any underlying issue, such as a weakness that may be contributing to altered movement patterns, balance issues, and overall susceptibility to more injuries. We will perform a comprehensive assessment to ensure we provide the tools you need to enjoy the sport you love!

We will work with you at Wright Physical Therapy to accommodate your needs by providing the most advanced rehabilitation strategies and injury prevention programming. For More Information, Contact Us Today!

CALL 208.736.2574

WRIGHT PHYSICAL THERAPY CAN EVALUATE YOUR RUNNING

Have you been dealing with a nagging injury or persistent pain and looking to resolve your issues and get back to running? At Wright Physical Therapy, our physical therapists can guide you back to health and make sure you can get back to running pain-free!

Running is one of the most popular activities worldwide, and it is also often associated with pain or injury. Unfortunately, the more desperate you are, the more likely you will look to any solution, regardless of its effectiveness.

For example, too many runners emphasize ineffective solutions like changing their running shoes instead of implementing strategies that have been proven to make a significant difference, like resolving an injury fully or training properly.

Although there seems to be a difference in novice vs. experienced runners, as well as age and gender differences, the risk factors that lead to running injuries are mostly training errors. According to research studies, the most common risk factors include the following:

- Running experience of 0–2 years
- Restarting running after extended rest
- Overtraining (i.e., more than 40 miles per week, men > women)

At Wright Physical Therapy, our physical therapists have proven successful in treating all types of running-related injuries including:

- Plantar fasciitis
- Runner's knee
- Gluteus medius tendinopathy
- Shin splints
- IT band syndrome

Our team will help with all aspects of rehabilitation, injury prevention, return to run programs, and improved performance through proper training. To start with, our physical therapists will take a thorough history to understand your training schedule, the type of training you perform, your history of previous or current injuries, and the runner's overall health status.

Our physical examination will thoroughly analyze your joints, muscles, and gait to identify any limitations that may lead to a running-related injury. In addition, we will perform a biomechanical analysis and running assessment to identify any compensations, weaknesses, or restrictions in your mobility.

We tailor our Wright Physical Therapy therapy interventions to your individual needs and an active approach to rehabilitation. We will give you strengthening exercises, restore your function, prevent future injuries and enhance your overall running performance.



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PATIENT SUCCESS



"I absolutely loved having the pleasure of being a patient at the Falls location in Twin. I came into Wrights as a frustrated heavy weight lifter with a knee injury that wasn't getting better. I was paired DJ, who is skilled and knowledgeable in all areas. He used many different techniques and always has a modification planned if needed for any level. Ground level to advanced. He was able to quickly get down to the source of my pain and get me back to where I wanted to be. He also isn't scared to get his sweat on with his patients. (We bonded the most over the shared burn of wall sits) I also enjoyed working with Omar. He was personable, attentive, encouraging and great with assisting in a way needed. Thank you! Im back to being able to lift with confidence. I highly recommended Wrights to any one needing physical therapy on any level." – A.K.



We want to hear your Success Story. Scan the QR code and leave us a Google review.

Thank you!

Are you in pain?

Come see us at Wright PT!



Scan the QR code to schedule your appointment

Schedule your appointment today!

wrightpt.com

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