



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

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HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY



Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare-up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee),

tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Elliott Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

The Doctors of Physical Therapy at Elliott Physical Therapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

DISCOVER HOW OUR TEAM OF SPECIALISTS AT ELLIOTT PHYSICAL THERAPY CAN GET YOU MOVING PAIN-FREE AGAIN!



DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term “weekend warrior” means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur? Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age. If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and

in fact a little “drier.” When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after. Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Elliott Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

DISCOVER HOW OUR TEAM OF SPECIALISTS CAN GET YOU MOVING PAIN-FREE AGAIN! GO ONLINE OR CALL US TO SCHEDULE AN APPOINTMENT TODAY.

COVID UPDATE

Dear Patient,

We know that everyone is excited about the Centers for Disease Control and Prevention (CDC) and Governor Baker's announcement that fully vaccinated people will no longer need to wear masks in many settings beginning May 29. This is another sign that we are getting back to normal. However, please note that this change does not apply to health care settings.

Patients and visitors to Elliott Physical Therapy and other health care facilities must continue to wear masks at all times when they are at our facilities. Employees will continue to do so as well. This is for the health and safety of everyone in our care.

We appreciate your understanding and look forward to seeing you soon.

Sincerely,

Patti & Darryl Elliott
Owners

EXERCISE ESSENTIALS

Try this movement to relieve pain.

QUADRUPED ALTERNATE ARM

While on your hands and knees, slowly raise up an arm out in front of you. Then slowly raise the opposite leg behind you, while keeping your back straight. Hold for 10 seconds then repeat 3 times on both sides.



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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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PHYSICAL THERAPY



NEW HANOVER LOCATION!

Elliott Physical Therapy will be opening its seventh clinic in August at Merchant's Row in Hanover. The team will be led by Aaron Soto PT, DPT and Samantha Berrick pictured above.

Elliott Physical Therapy-Hanover

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THANK YOU FOR DONATING

Thank you to all our team members who have donated blood over the last few weeks! You are an amazingly caring group always thinking of ways to help others!

TRY THIS RECIPE!

ARUGULA, GRAPE, AND SUNFLOWER SEED SALAD

INGREDIENTS:

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper



DIRECTIONS: Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

UNSURE IF PHYSICAL THERAPY IS FOR YOU?

FREE TELEHEALTH OR IN-CLINIC CONSULTATION

Schedule your FREE telehealth or In-clinic consultation with a physical therapist by calling us and mentioning this coupon!

WE CAN HELP YOU:

- Move without pain
- Bend and move freely
- Balance confidently and securely
- Sit for long periods comfortably
- Walk for long distances
- Live an active & healthy life

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Call us or visit
www.elliottphysicaltherapy.com