



**SAY  
“NO”  
TO THE  
KNIFE!**

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

## INSIDE:

• JOIN OUR  
TEAM!

• STAFF  
SPOTLIGHT

• COMING SOON  
TO NEEDHAM!

# SAY “NO” TO THE KNIFE!

## 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 Elliott PT 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 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 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.

# DO YOU HAVE OUR NEW APP YET?

At Elliott PT, we go beyond traditional healthcare delivery to redefine the patient experience and be available when you need us most! We have designed exclusive software that is available at all times to assist you with your Home Exercise Program. You can now access us via an app on your computer, tablet, and/or smartphone. Through our app, you can view upcoming appointments, request appointments, access videos that help aid in your recovery, and instant message your provider.

**Plus, we are continuing to innovate and will soon be adding push notifications!**

Once these are active, you will receive pop-up alerts through your phone with reminders, messages, and more. Through the app, you also will earn achievements and awards for staying on top of your exercises and being a great patient!

## How Do I Access?

To begin, your Elliott PT physical therapist will get you set up with a Home Exercise Program. From there, you'll receive an email with a setup link. Click that link to set a password. Log in with your email and password to start accessing your exercises!



Scan the QR code to download!

**Connect with your PT today about getting set up on our new app!**

**Be sure to follow us on social media to receive tips and updates or to leave a review!**

- @elliottphysicaltherapy
- @ElliottPT1
- @elliottphysicaltherapy
- @elliott-physical-therapy



Scan the QR Code to connect and stay in the loop with our news & events.

## 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.



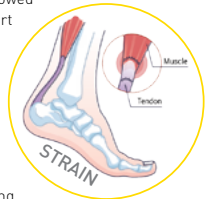
## How Physical Therapy Can Help with a Sprain or Strain Injury

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 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.
- High knees are an effective way to warm up tissue without negatively affecting performance. Start in a standing position and lift your left leg. Bend left knee into a 90-degree angle and return to starting position. Repeat the same movement with your right leg and repeat 10 times on each leg.
- 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 Elliott PT, 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>

# STAFF SPOTLIGHT



## Brittany Noto, PT, DPT

Brittany Noto, PT, DPT is a graduate of University of Connecticut where she received her Bachelor of Science in Allied Health Sciences and a minor in Psychology. Brittany completed her post-graduate studies at Massachusetts College of Pharmacy and Health Sciences (MCPHS) University where

she earned her Doctorate in Physical Therapy (DPT) degree.

Brittany's clinical experiences include outpatient orthopedics and long-term acute care rehabilitation hospital. She enjoys working with patients in the outpatient orthopedic setting as she feels like she is able to connect with the patient having been in their position before. Her primary goal is helping the patient return to the activities they enjoy. Brittany also has a particular interest in treating post-concussion patients, individuals with MS and Parkinson's as well as patients with vestibular disorders.

Brittany grew up in Connecticut and her extra-curricular activities included softball and dance. In college, she joined the women's rugby team and studied abroad in Florence, Italy. In her free time, Brittany enjoys spending time with her family, watching the Red Sox, hiking and traveling.

We are pleased to announce that Brittany has just been promoted as the Assistant Clinical Manager at our Easton location! Her incredible work and support for both her patients and team members as well as the continued growth of our Easton clinic has resulted in her earning this newly created role. Please feel free to congratulate her when you see her!

# COMING SOON TO NEEDHAM!

## Elliott Physical Therapy-Needham

392 Chestnut Street  
Needham, MA 02494



# JOIN OUR TEAM!

## Physical Therapists

Dorchester     Hanover     Mansfield  
Easton         Hingham     Milton

Coming soon: Needham!

Apply at

[elliottphysicaltherapy.com/join-our-team/](http://elliottphysicaltherapy.com/join-our-team/)



## COME BACK TO PT TODAY

### 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

elliott  
PHYSICAL THERAPY

[elliottphysicaltherapy.com](http://elliottphysicaltherapy.com)