



KEEP YOUR CHILD SAFE FROM SPORTS RELATED BACK INJURY

By Amber Arevalos

Dr. Dragon Wishes You a Happy New Year



Happy New Year!

I'd like to encourage all of my readers to begin the year taking care of yourselves! Many of us tend to neglect and put off taking care of our personal health. Life can be hectic and busy but our bodies need our attention as they need to function well for a lifetime. If you've been suffering with limitations, including pain, weakness and or decreased range of motion, let us help you get your year off to a good and healthy start. May you be Blessed with Peace and all good things!

As parents, coaches, and teachers, we want our children to thrive and succeed at anything they choose to pursue. Sports is often one area in which children become competitive. The level of competition has reached a new high. The intensity level may increase the risk of injury.

Back injury prevention is among the most sought out resources of many young athletes. Back pain happens at many stages of life. As stated by the American Academy of Orthopaedic Surgeons, compared to an adult, a child with a backache is more likely to have a serious underlying disorder.

Below are tips and ways to help prevent and aid in the prevention of sports-related back injuries.

- **START SLOW.** With any new activity your child starts, it is important to start slow and have them take their

time learning the skills necessary to play the game. The time they take to train smart will pay off later and may prevent injury. Seattle's Children's Hospital recommends children should build up the length and intensity of exercise slowly to help prevent injuries from increasing.

- **TRAIN RIGHT!** Depending on your child's age and level of play, they will need extra training and sport-specific training. If your child is of age, they may need strength and agility training which are essential to increasing skill and muscle tone. Agility drills assist the body in learning how to move with change of direction to be more fluent and protect muscles and joints.

- **FLEXIBILITY** is very important when playing any sport. Have a regular stretching routine and perform stretches before a game. Staying limber

can protect your joints and muscles. Seattle's Children's Hospital suggests that light stretching and jogging before practices and games helps warm the muscles to make them more flexible and prepared for activity.

• **FUELING** your young athlete properly also helps to prevent back injuries. Kidshealth.org found that young athletes that do not consume enough food or the right foods, their bodies are less likely to achieve peak performance and may even break down muscles rather than build them.

These are some of the tips to follow to ensure your child's safety from a sports back injury. No matter what sport your child chooses make sure to speak to your child about the safety and rules of the sport they have chosen.



BACK IN SHAPE

The back muscles work hard every day to hold the body erect and assist in daily activities. Strong back muscles are one of the crucial elements to maintaining good posture as you age. Here are a few moves to keep your back in shape.

**Please consult a medical professional before beginning any exercise program.*

Reverse Fly

Begin by standing with your feet hip-width apart while holding a 5-8 lb. dumbbell in each hand. Bend over at your waist to bring your chest almost parallel to the floor. Bend your knees slightly. Bring the dumbbells together in front of you, arms are straight. Perform a reverse fly by bringing the dumbbells away from each other in a lateral position. Return to the starting position.

Perform 3 sets of 15 reps.



Super Man

Lie on the floor face down. Extend and rest your arms straight out in front of you. Simultaneously lift your arms and legs 8-10 inches off the floor. Hold for 3 seconds and return to starting position.

Perform 3 sets of 10 reps.



Dead Row with Plank

Get onto the floor in a front plank position. Grasp a dumbbell with one hand, supporting your weight with the other hand. Perform a single-arm dead row by bringing your arm to a 90 degree bend (bring the dumbbell from the floor to your waist). Return to the starting position. *Beginners can use a 5lb.-10lb. weight.

Perform 3 sets of 10 reps on each side.



HOW A PHYSICAL THERAPIST CAN HELP WITH BACK PAIN

By Juliane Morris

Would you say you experience back pain on occasion, or perhaps more regularly? You're not alone. "Back problems are among patients' most frequent complaints to their doctors. Nearly 65 million Americans report a recent episode of back pain. Some 16 million adults—8 percent of all adults—experience persistent or chronic back pain, and as a result are limited in certain everyday activities."

Whether a person's back pain is a dull ache, intermittent discomfort, or an odd sharp pain now and then, a physician can help determine the cause and whether or not physical therapy may be indicated.

What is a physical therapist's role? "Physical therapists help injured or ill people improve movement and manage pain. They are often an important part of preventive care, rehabilitation and treatment for patients with chronic conditions, illnesses, or injuries. Physical therapists provide care for people who have functional problems resulting from back and neck injuries; sprains, strains and fractures." They use techniques in patient care that include special exercises, particular movements of joints, muscles and other soft tissue to improve mobility and decrease pain, functional movement training and practice.

HERE ARE THREE TOP WAYS A PHYSICAL THERAPIST CAN HELP WITH BACK PAIN:

1: STABILIZATION

The purpose of stabilization exercises will be to retrain deep muscles of the back. Over time, surrounding muscles become tight, and deeper muscles weaken. Ever have trouble getting up from a chair or rolling over in bed? A physical therapist can teach how to use proper abdominal and spinal muscles while going through a range of motions that help stabilize and strengthen the spine.

2: REPEATING MOTION

Sometimes a back problem is caused by pressure or irritation on a nerve from a bulging disk or spinal stenosis and impinged nerves, where pain, tingling, weakness or numbness occur, even into limbs at times. In this case, a program of repeated movement can address and improve back pain. A physical therapist can determine if a regimen of repeated motion is working if the pain is minimized with a special types of repeated motion.

3: MOBILIZATION

A physical therapist may try mobilization in the spine for patients who are experiencing stiffness in the spine. Soft tissue mobilization is a productive hands-on technique with muscles, ligaments and fascia in order to break adhesions and optimize muscle function.

Sometimes a combination of these three techniques may be a best solution.



Your Wellness Newsletter

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Employee Spotlight



Haley Lynch is the newest PTA at Action Physical Therapy & Sports Medicine. Haley has worked as a PTA for two years but took the last year off after giving birth to her sweet daughter. Haley is originally from Illinois and she and her husband moved to Slidell

three years ago. She enjoys the New Orleans culture, food and music. She is looking forward to working with you and is ready to get you Back into Action. Have a happy and healthy New Year.



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