



ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

Back to School = Fall Sports = Safety

School is back in session, so are fall sports, which often come with an increased risk of injury.

Typical injuries include: leg, knee, arms, shoulders, and head injuries. Action PT takes a look at the most common injuries are:

Concussion is a brain injury that can occur more common in contact sports like football soccer. Any blows to the head should be taken seriously to prevent further damage. The following signs are typical: headaches, nausea or vomiting, ringing in the ears, head or eye pain when exposed to bright light, confusion, and fatigue. Action PT warns not to play through a concussion as this can lead to more serious problems and prolonged symptoms, ultimately causing negative impact to one's mental state and physical abilities.

Fractures or breaks in a bone require immediate care. If there is even slight concern that a bone is broken, do not wait to seek medical attention.

Strains happen from sudden, awkward movement or overusing muscles. Muscle strain affects anyone. Continued exertion of strained muscles can worsen the injury. Recognize these symptoms: swelling, cramping, stiffness, feel or hear a "pop" sound.

Sprains are partial or whole tearing of a ligament within a joint, most commonly occurring at the ankle, wrist, or knee. Considered a minor injuries, sprains can



escalate to more serious tears, such as an anterior cruciate ligament (ACL), the ligament that stabilizes the knee. This severe injury requires rehab and often, surgery. Signs to look for sprain include: a pop when injury occurs, swelling, bruising, pain, difficulty walking or limited range of motion.

Both strains and sprains are similar injuries. Minor versions of either are treated with protection, rest, ice, compressions, elevation and anti-inflammatory pain relievers.

Shin Splints are overuse injuries that commonly afflict avid walkers, runners, soccer and cross country athletes. This injury of the soft tissue that holds the muscle to the bone. They are caused by a rapid increase in intensity or frequency, and improper footwear.

Preventing Sports Injuries

Being aware of what kinds of injuries to expect in the fall sports season makes injury prevention a breeze.

Action PT offers you these simple things to help prevent injury in sports and in your daily, general activity:

Get a physical before the season starts.

Hydrate your body days prior in leading up to the activity.

Stretch and warm up.

Train to strengthen all muscle groups.

Make sure the field is safely maintained.

Invest in good protective equipment and proper footwear.

Properly feed your body.

Speak up when there is pain.

Rest after any injury.

When pain or discomfort persists, contact the team of experts at Action Physical and Sports Medicine. Our goal is to get you BACK into ACTION.

E-Stimulation in Physical Therapy

Electrical stimulation (or E-STIM) therapy can be a useful tool to augment your plan of care. Different types of E-Stim can be used to help your muscles contract properly after injury or surgery, reduce pain, or improve circulation.

Typical conditions why we, here at Action PT would recommend this type of therapy include: back pain, joint ashiness, arthritis, poor muscle strength, and to those recovering from certain surgeries.

If recommended with therapy, our experts at Action PT will use electrical stimulation as part of your sessions. Be sure to ask

questions and understand what the goal or intended outcome will be.

Is E-Stim Expensive? Action PT will work with your insurance carrier to ensure this type of therapy is covered under your benefits. If it is not a covered treatment, then other forms of therapy will be discussed as part of your plan of care.

More information on E-STIM therapy can be found on page 5 of this newsletter.

Photos left (& above): Dr. Dragon performs E-STIM therapy on a patient experiencing lower back pain.





Action PT is excited to announce several more successful patients who've recently graduated therapy and are BACK into ACTION. Thanks to their dedication and cooperation throughout therapy, we had the distinct pleasure of rehabilitating them all. Follow us on Facebook to view all our success stories: <https://www.facebook.com/ActionPTSports/>



Celebrate, honor & keep our grandparents healthy

A modern grandparent has evolved since the time when our staff members were little. Remaining active is essential; however, once the pitter patter of little feet come-a-knocking on Nana's or Papa's door, are you ready for the inevitable? Staying up late nights again, hosting escape room parties, or joining your grand baby for the latest TikTok challenge...these days, your level of fitness can influence just how involved a grandparent is.

Changing diapers, for instance, is not an aspect of being a grandparent that one necessarily looks forward to, but a necessity. Most grandparents do this effort on the floor, which is a safe position for the baby because there's no place to fall. For anyone with poor back strength, it is recommended to kneel, not sit to change a baby's diaper. Be careful if changing a baby on a bed. Did you know? Bending over the baby while standing next to the bed puts your back in an awkward position.



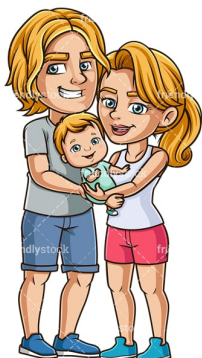
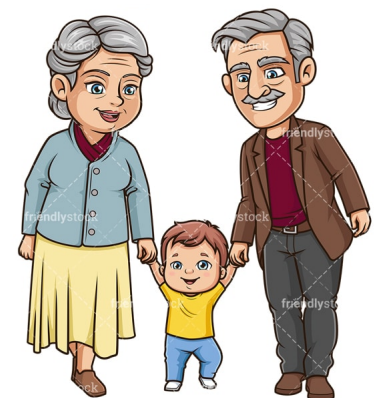
Choosing to sit on the bed twists your torso unnaturally, which also makes you vulnerable to injury. Lastly, are you prone to react if the grandbaby manages to release any "extra" liquids or solids during a change? Quick reactions could place both you and the baby's safety at risk.

Another compromising position is installing car seats and subsequently, putting an unwilling child into one. If you do not think about your spinal health, your back could easily flex and twist poorly, and one of the most common spots a grandparent sustains injury. Try stepping into the car and facing the child to connect the straps. If the child is in a rear-facing car seat such as infants and some young toddlers, then be ready for a glute workout. Pedestal car seats that swivel are wonderful, where a grandparent can easily put the child in then, once secured, turns and locks the seat into place.

Squatting is a given for picking up grandchildren! The most dangerous of these activities is trying to lay a sleeping child down, especially if you've no crib at your home. Once again, the glutes will work overtime as the child is lowered into place. When stairs are present, if possible, use handrails when you have the grandchild secure and safe with the other arm. If you have any cause for concern, and don't have to take a child up or down stairs, opt out or use a spotter. Grandparents have to often work together. There is an added risk if the child makes a quick, unexpected move and throws you off balance.

At playtime, and especially with older children, going outside when the temperature is comfortable, for the both of you.

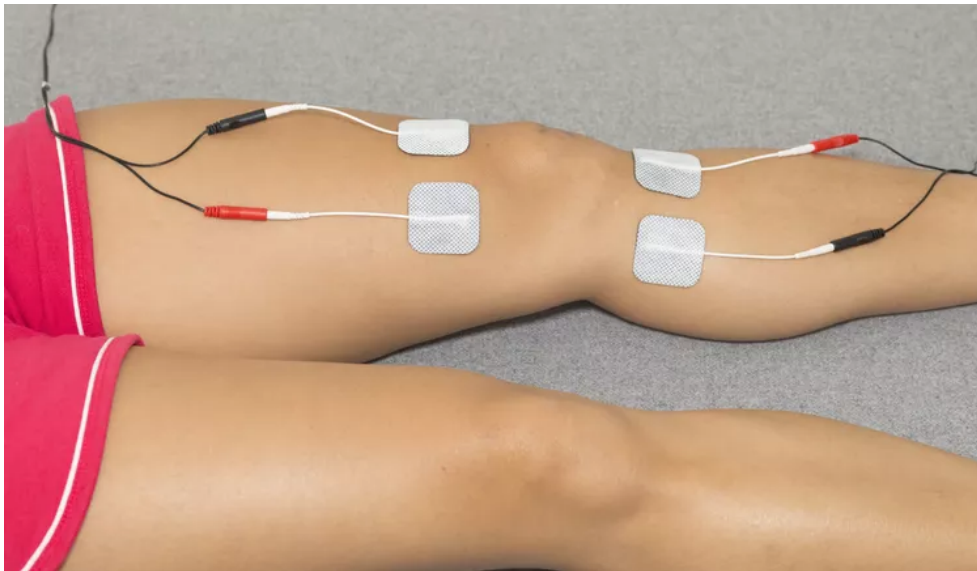
Grandparents need a level of flexibility in order to share in activities or accompany grandkids. Whether its swimming at the pool together, throwing the ball around or jumping rope, Action PT wants to help you gain your confidence.



If your knees, back, glutes, arms or legs aren't quite ready for the tasks that being a grandparent in 2024 demand, let our therapists assist in finding out why. Give us a call today for an evaluation. This September, Action PT wishes all grandparents our love and thanks for all you do!

WHAT TO EXPECT DURING E-STIM TREATMENTS:

- Electrodes are placed around the site receiving therapy.
- The electrical current will begin on a low setting and increase gradually.
- You may get a tingly, “pins and needles” feeling at the site.
- You may feel muscles twitch or contract repeatedly.
- E-stim sessions can last :05 to :15 mins, depending on what we treat.



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5 Star Customer Rating

