

ACTION

PHYSICAL THERAPY & SPORTS MEDICINE

PT & Bone Health

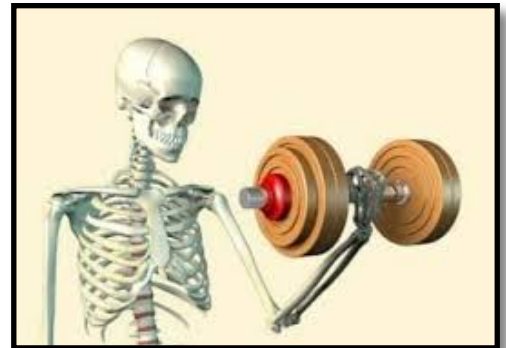
We're getting close to "spooky" season. No, not Halloween, we mean the start of school sports and the risk of injury, especially bone fractures. For our older audience, afflictions such as osteoporosis and low bone density are common conditions that affect us as we age. Physical activity, forceful contact on the court or field, or skeletal conditions can lead to weakened bones, making individuals more susceptible to fractures and injury. Working with a physical therapist can provide benefits that contribute to proper rehabilitation, improved bone health, mobility, and overall quality of life.

The experts at Action PT create safe, tailored exercises that cater to our patients' specific needs and limitations. Your therapist will work with you to develop a personalized plan that takes into account your current bone health and overall fitness level.

offering a plan of care to help strengthen bones, improve muscle mass, and enhance physical fitness.

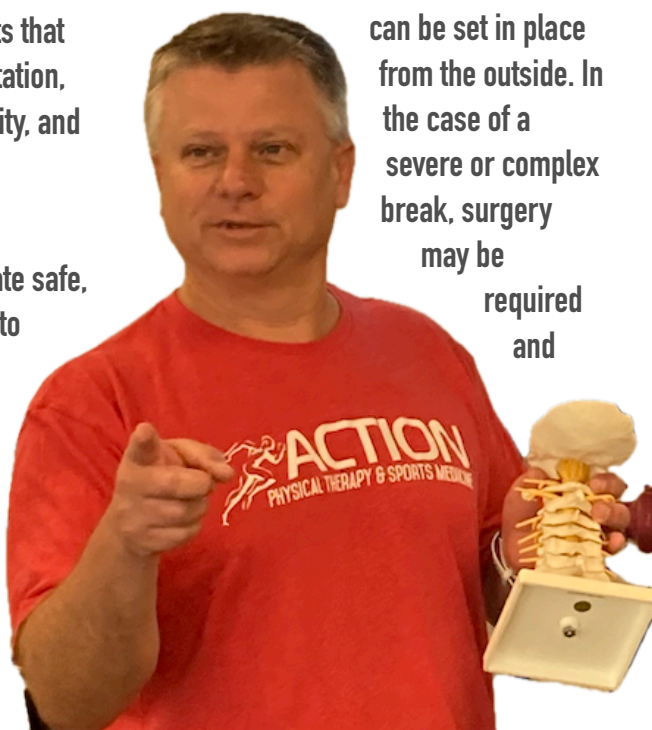
Broken bones require immediate and specialized medical treatment. Depending on where the break occurs, your doctor will immobilize the bone so that it can heal.

Sometimes the bones can be set in place from the outside. In the case of a severe or complex break, surgery may be required and



screws or plates inserted to get our bones properly aligned. By the time a cast or brace is removed, the muscles and supporting tissues are likely to be stiff and atrophied. Physical therapy is an important part of treatment for this. It is the best way to regain strength and function of the injured area.

Our PT's work with you to devise a treatment strategy to help you recover fully. Physical therapy after a broken bone often focuses on overcoming the negative effects of being immobilized by a cast or sling. Immobilization may cause loss of motion and strength and decreased functional mobility.



Our goal is to restore full range of motion and functionality. For hairline fractures, physical therapy is a good way to restore strength and flexibility; for more complex injuries physical therapy can be the key to learning how to become mobile again. Immobilization resulting from casts and splints can contribute to joint stiffness and muscle weakness; to overcome this, physical therapy can prove effective.

Your first visit with us at Action PT will involve an evaluation and assessment. Our therapist will likely take measurements of body parts around the broken bone site. This might include measurements of:

- Range of motion
- Strength
- Pain
- Flexibility
- Girth or swelling
- Gait (for lower extremity broken bones)
- Overall function and mobility

After the initial evaluation, your physical therapist can work with you to devise a treatment strategy to help you recover fully. Physical therapy focuses on overcoming the negative effects of being immobilized by a cast. Immobilization may cause loss of motion and strength and decreased functional mobility.

One of the most significant risks associated with older patients is the increased likelihood of falls and fractures. Physical therapists assess balance and gait and develop strategies to improve stability and reduce the risk of falls. Through targeted balance and coordination exercises, you can enhance your ability to navigate daily activities with confidence. Additionally, they can provide strategies for safe movement and techniques to regain mobility after a fall or fracture if one occurs.

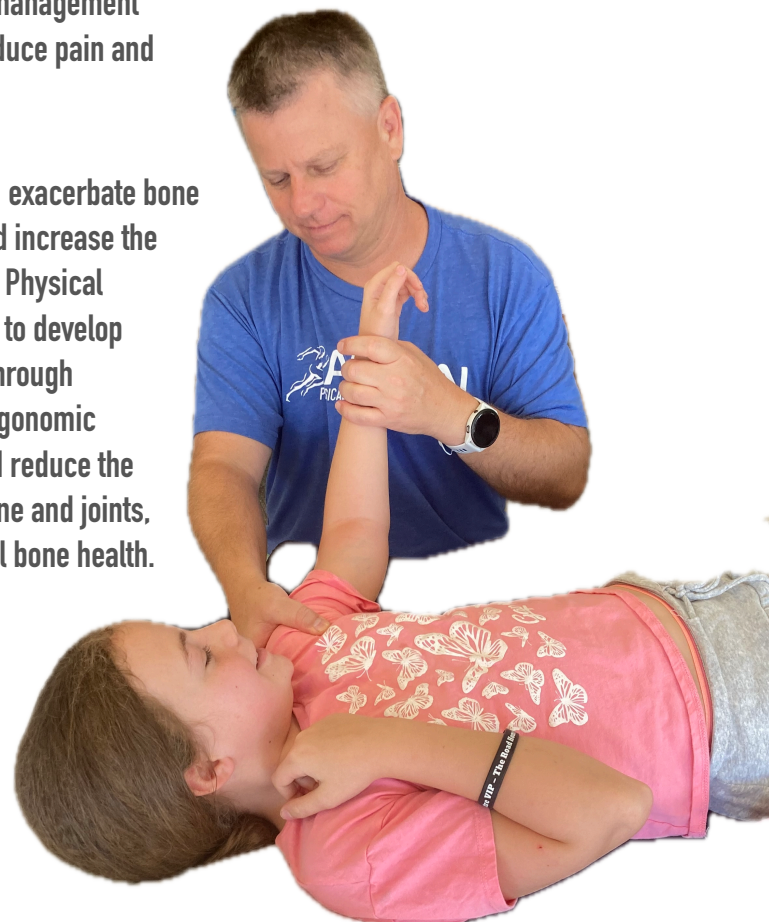
At Action PT, our therapists employ various techniques to manage and alleviate pain, including manual therapy, stretching, and strengthening exercises. We'll educate patients on body mechanics along with self-management techniques to reduce pain and discomfort.

Poor posture can exacerbate bone health issues and increase the risk of fractures. Physical therapy can help to develop proper posture through exercises and ergonomic adjustments, and reduce the stress on the spine and joints, improving overall bone health.

Working with a physical therapist

provides ongoing support and monitoring of your progress. We can adjust your exercise program as your bone health improves or changes, ensuring that you continue to receive the most appropriate care.

The length of time you will be in physical therapy depends on a number of factors such as: the extent of your injury, how quickly your condition improves during the course of physical therapy, your progress with pain relief, whether you will continue after the injury has recovered to rebuild strength in the injured area, and whether your goals are being met through physical therapy.





Cate



Jeff



Delery

Congratulations

to our most current patients pictured who achieved their plan of care and were promoted from therapy since our last newsletter - as well as those patients who wished to remain faceless. It's been our sincere pleasure to treat you!



Lauren



Rob



Jim



Dave



How Can Physical Therapy Help Prevent Falls

- **Balance and Coordination:** Action PT can offer programs that focus on exercises to improve balance and coordination, which are crucial for preventing falls.
- **Strength and Mobility:** Our therapists design exercises to build muscle strength and increase joint flexibility, making it easier to perform daily activities without losing balance.
- **Assistive Devices:** A therapist can teach you how to use assistive devices like canes or walkers correctly, helping you to stay stable and safe.
- **Home Exercises:** Our team of experts can provide a personalized Home Exercise Program (HEP) to maintain progress and continue improving function after sessions end.
- **Body Mechanics:** You can learn how to position your body correctly from us, such as before lifting a heavy package, to prevent strain and falls.

PT after a Fall:

- **Post-Fall Recovery:** Physical therapy can be essential for recovery after a fall, helping to decrease stiffness and increase mobility in joints and muscles.
- **Preventing Re-injury:** By improving strength and nimbleness, PT helps to avoid re-injury.
- **Consult a Professional:** It's important to see us as soon as possible after a fall to get the best short-term relief and long-term quality of life.

If you or a loved one has suffered a fall, shows poor balance or needs help with regaining their stability and a proper gait, give us a call. Action PT wants to get you BACK into ACTION.

Action PT welcomed two high school student interns to our facility

Emelia "Emmy" Hope of NorthShore High and Juliette Brewer, from Pope John Paul II High School joined us at the opening of this school year. Both young ladies are seniors and continue their high school studies in conjunction with these medical internships. They hope to pursue an education and career as PT's; and, we couldn't be happier to have them shadow here. We wish them well and ask our clientele to join us in encouraging them to reach for the stars.

Emmy**Juliette**

Follow us on
facebook

<https://www.facebook.com/ActionPTsports/>



5 Star Customer Rating

