



NEWSLETTER



PREVENT YOUR INJURIES WITH PHYSICAL THERAPY

OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

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NEWSLETTER



PREVENT YOUR INJURIES WITH PHYSICAL THERAPY

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Wise Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Wise Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

Call today to schedule an appointment with one of our experts!

How to tell injury from normal aches and pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

Find Relief with Wise Physical Therapy

Fortunately, back pain can be relieved with the help of physical therapy. Physical therapy can help improve your spine movement, posture, muscle stability, and strength, so your back can function in the pain-free way that it's intended. At Wise Physical Therapy, we can provide you with helpful tips to prevent your back pain from returning.

Your physical therapist will also work with you to implement an individualized treatment plan, based on your specific needs. The main stages of your plan will focus on pain relief, which may include any combination of ice and heat therapies, manual therapy, posture improvement, targeted stretches and exercises, or any other treatment that your physical therapist may deem fit.

As you progress and improve, your physical therapist will expand on your exercises and stretches by making them more intensive over time. This will help increase your overall strength and range of motion.

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACES AND PAINS!**

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How Physical Therapy Helps Prevent Injuries



Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. **Sleep is the most effective strategy** with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training is one of the most effective injury prevention strategies to help stay injury-free.**
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition is the foundation for good health and injury prevention.** Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration is essential for recovery and injury prevention.**
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

Contact us today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Wise Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1600-0838.2009.01058.x>
<https://bjsm.bmj.com/content/52/24/1557.abstract>
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https://journals.lww.com/acsm-csmr/Abstract/2021/06000/Sleep_and_Injury_Risk.3.aspx?context=FeaturedArticles&collectionId=1



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BALSAMIC BERRY VINAIGRETTE SALAD



INGREDIENTS

- ¼ cup balsamic vinegar
- 2 tbsp plain fat-free Greek yogurt
- 1 tbsp sugar-free strawberry preserves
- ½ tsp olive oil
- 1 tsp Dijon-style mustard
- 1 clove garlic, minced
- ¼ tsp kosher salt
- ⅛ tsp black pepper
- 3 cups fresh baby spinach
- 3 cups torn romaine lettuce
- 1 small Braeburn/Gala apple, thinly sliced
- ½ cup crumbled blue, feta/ goat cheese
- ½ cup pomegranate seeds
- ¼ cup chopped walnuts

DIRECTIONS

For vinaigrette, in a small bowl whisk together vinegar, yogurt, preserves, oil, mustard, garlic, salt and pepper. In an extra-large serving bowl, combine spinach, romaine, apple, cheese, pomegranate seeds and walnuts. Drizzle with half of the vinaigrette; toss to coat. Pass the remaining vinaigrette.

<http://www.eatingwell.com/recipe/260360/balsamic-berry-vinaigrette-winter-salad/>

RELIEVE PAIN IN MINUTES

Try this movement to improve balance and stability.

Helps Improve Your Balance

 SimpleSet Pro
www.simpleset.net

SINGLE LEG STANCE - FORWARD

Stand tall. Be close to support, both at your sides and behind in case you lose your balance. Balance on one leg.



PATIENT SUCCESS STORY

***"Y'all are angels.
Thank you for
everything."***

"It has been a long journey to recovery & I couldn't be happier with the results. Coming in for therapy can be stressful & challenging, but all of the staff has been so welcoming & supportive. The encouragement alone is much appreciated. Having started off not being able to do much physically without pain & now having more ability to "get back in the fight" without having to recover for days or weeks has been a blessing. I'm so thankful for all the staff who has helped me get to the place I'm at now. Y'all are angels. Thank you for everything." - **C. Rodriguez**



Do You Have Friends Or Family That Can't:

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

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!



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"Our Mission is Movement!"