

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY



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 iMove 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 therapists 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.

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, 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.

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.

[Learn more at imovephysicaltherapy.com](http://imovephysicaltherapy.com)

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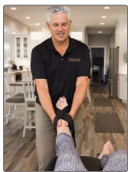
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HOW WE CAN HELP WITH A SPRAIN OR STRAIN

It's your time to heal. Get started at imovephysicaltherapy.com



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's 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 therapists 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:

1. Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
2. Foam rolling is an effective way to warm up tissue without negatively affecting performance.
3. Strength training can keep the joints supported and the muscles and tendons resilient.
4. Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
5. Hydration is essential for recovery and injury prevention.
6. 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 iMove 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>

Dr. Alex Booher's PT, DPT, CEEA Tips For Your Knee Replacement



What to expect with a knee replacement:

With the weather cooling off and not yet reaching the hectic holiday season, Fall is a popular season for many people. But did you know it's also one of the most popular times of the year for people to have a knee replacement? This can be an overwhelming

decision but knowing what to expect can help ease the stress and set you up for success post surgery!

First few hours: In the first few hours after surgery, you will feel groggy as you come out of anesthesia. It may seem early, but you will have Physical Therapy soon to promote weight bearing and early mobilization. This will progress throughout your hospital stay to help get you walking and more comfortable to return home. Early mobilization is a big key to recovery!

First few days: The first few days after returning home, your main focus is managing pain, swelling, and promoting healing. It is important to listen to both your body and your therapist on helping guide your early recovery. Therapy will focus on restoring your gait, strengthening supporting muscles (hips/ calves), and muscle activation techniques for your quadriceps and hamstrings to stabilize your knee.

First few weeks: This phase is vital to restoring your function and returning to an active lifestyle. You will be participating in a structured physical therapy plan working on range of motion, strengthening, balance, and gait. A variety of techniques, including hands-on manual therapy, will be incorporated to make sure you are getting back to your goals. This phase will be gradually decreased, over the coming weeks/months, based on your progress and goals you want to achieve. Remember, each person is different and your recovery time may not be the same as someone else you know. Regardless, the hard work you put in during the first few weeks/months will go a long way to getting you where you want to go. Be patient and trust your therapist...it's a marathon not a sprint!

How/when can iMove PT help? With our unique mobile service, iMove PT can help guide and progress your recovery as soon as you return home! Our therapists are skilled at managing the entire course of recovery, from the initial days post operative, all the way to discharge day. Our team brings all necessary equipment, including a treatment table and a pulley weight system, to ensure you receive the absolute best quality of care you deserve. Did you know we even provide pre-operative therapy? If you are planning on having a knee replacement in the near future, give us a call to come make sure your body is strong and moving properly to help speed up the recovery process.

CALL DR. ALEX'S TEAM TODAY AT OUR METRO EAST, IL LOCATION 618.738.0397



"I'm on an unstoppable path to success."

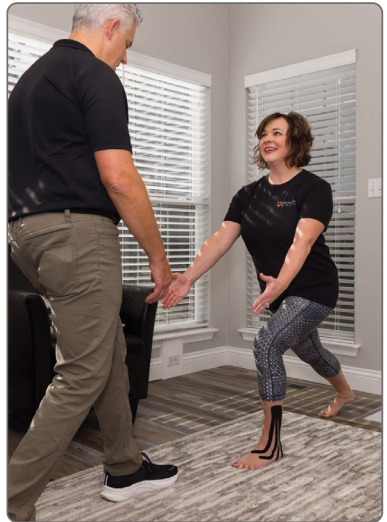
"I'm so thankful for Laura and how she's helping me to once again become someone who is not just existing, but fully living and participating in life. She is truly the most amazing treasure. With her incomparable therapy and guidance, I'm on an unstoppable path to success." **—J.S.**

OUR MOBILE PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



National Physical Therapy Month

Did you know that October is National Physical Therapy Month? That's right, there's no better time to begin treatment for your aches and pains!

Physical therapy is a natural, safe, and effective mode of pain relief. Whether you're suffering from an injury or chronic pain condition, you can find relief in physical therapy – without undergoing surgery or relying on prescription drugs.

Physical therapy can treat a vast variety of conditions, including:

- Back and neck pain
- Headaches
- Sports injuries
- Work-related injuries
- Knee and hip pain
- Joint pain and arthritis

Whatever condition you are dealing with, our clinic is here to help.

At iMove PT, our goal is to help you achieve your wellness and recovery goals so you can get back to living the life you enjoy. We will evaluate your symptoms, discuss your medical history, and any health constraints you may have before establishing an action plan for your path to recovery. The primary goals of any physical therapy care plan are to address a patient's physical goals, identify and treat the source of pain, maximize the patient's ability to function independently, and prepare them for long-term success.

Are you ready to find long-term relief and stop putting up with constant discomfort and pain? Call us today to make an appointment with one of our physical therapists.

GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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