



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Read more inside on How Physical Therapy Can Help You, Tips For Better
Golfing This Summer, and Clinic News - Baby Edition

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Physical Therapy Can Help You Get Back in the Game After an Injury!

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. This is especially true given the current times, as we are finally able to get back out and do the physical activities that we may have missed out on for the past year. Unfortunately, this also means running the risk of a sports injury or a flare up of an old injury or condition, especially if you have been out of season for a while.

You don't have to be a professional or even an amateur athlete to sustain a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising again, or those participating on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones, and tissues such as cartilage.

It is normal to set your ambitions high when you are excited about getting back into the activities you love. However, this also makes it very easy to overexert yourself. If you find yourself with an injury after getting back into your activities, you are not alone - and we can help. Contact Amber Hill Therapy Centers today to get started!

Common Sports Injuries To Look Out For

The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body

that knocks a joint out of position. Ankles, knees, and wrists are most vulnerable to sprains. However, back, neck, and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn, or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

Get Your Life Back with
Amber Hill Therapy Centers!

*Make an appointment today to start
living your life again, pain-free!*

Stop letting pain get in the way. Give us a call or visit www.amberhillpt.com today!

PHYSICAL THERAPY CAN HELP YOU!



Our team at Amber Hill Therapy Centers can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

Our licensed physical therapists and physical therapist assistants can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active as you get back into your daily routine. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis.

If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function and wellness, in addition to minimizing the risk of re-injury.

Essentially, if you have been injured, our team at Amber Hill Therapy Centers can help prepare you to safely get back to the activities you love!

Don't Let Your Pain Sideline You Any Longer

There is nothing more exciting for most of us right now than getting back to doing the things we haven't been able to do for the past year. However, is your body prepared to get back into physical activities? Below are some things to keep in mind as you get back into your normal exercise routine:

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance, and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age

If you think back to when you were in your late teens, you could accomplish many physical feats without a problem. As you get older, your tissues become less elastic, and a little "drier." When your muscle, tendon, and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Understanding the correct exercises for you

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, we can get you back to enjoying your activities pain-free.

Preparing your body

It is important to do physical activities to keep you healthy and happy. With a little bit of preparation, you can easily perform these activities and decrease your injury risk! Some tips to focus on include:

- Stretching often
- Strength training
- Coordination training
- Endurance training

Contact Us Today

You can get back to the activities you love with ease through our targeted physical therapy treatment plans. To get started on our pain relief and prevention services, don't hesitate to contact Amber Hill Therapy Centers today! We'll get you back in the game and feeling great in no time.

TIPS FOR BETTER GOLFING THIS SUMMER

Golfing for the first time after a couple months can be tough on the body. Most people will experience soreness in their lower back, shoulders and wrists after their first time out. Before getting back into the swing of things, here are some following tips:

- 1. Prepare.** Before hitting the green, you may want to go to the driving range a couple of times first. This will help prepare your muscles when you play a round of golf.
- 2. Stretch.** Stretching can improve your range of motion, making it easier to swing the club. Try some of these stretches, which will warm up the muscles you will use in your golf swing.
- 3. Easy does it.** The actual motion of golfing isn't the only thing that strains your body during a round. Soreness can also come from walking around the course and carrying your clubs. Start the year off using a push cart or only playing 9 holes while you build up the endurance needed to play an entire round. If you regularly ride in a cart, this is likely a little less of a concern.
- 4. Don't let your skills get rusty.** If you're an avid golfer during the summer, try heading out to an indoor driving range during the off season. Regular exercise, such as jogging or biking, can also keep your muscles strong and ready for the season.

Reference: <https://www.healthpartners.com/blog/tips-for-golfing-better/>



CLINIC NEWS - BABY EDITION

Lindsay & Benji Drewry, Blake Gordan - Born January 29, 2021
Christina & Dave Cunningham, Aiden Keith - Born February 12, 2021
Natalie & Jeff Brumfield, Neve Paula - Born May 8, 2021
Ashley Strahan & Tyler Stebbing, Casey Joseph - Born May 23, 2021

COVID-19 PRECAUTIONS

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS

Your health is our highest priority. Give us a call or visit www.amberhillpt.com today!