



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

How You Can Avoid Surgery After a Sports Injury



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AVOID A
SPORTS INJURY

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REBOUND FITNESS & REHABILITATION NEWSLETTER

The Newsletter About Your Health & Caring For Your Body

Avoid A Sports Injury



COME BACK TO PHYSICAL THERAPY! CALL 847.748.1320 TODAY!

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 Rebound Fitness & Rehabilitation 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 for people seeking 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 therapist 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.

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THE DIFFERENCE BETWEEN A SPRAIN & 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 or 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.

How physical therapy can help with a sprain or strain injury

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 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're Staying Safe!

The staff at Rebound Fitness & Rehabilitation is focused on keeping you healthy and our equipment and facilities clean. To prevent the spread of COVID-19, we want to also encourage our patients to help prevent the spread of coronavirus by:



**CLEANING
HANDS
OFTEN**



**AVOID
TOUCHING
YOUR FACE**



**STAYING
HOME IF
YOU
ARE SICK**



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 therapist 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:

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

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 Rebound Fitness & Rehabilitation, 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>

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Each stretch includes an instructional video to show you exactly what you need. Don't miss out on this limited time offer. Discount is only valid through 12.31.2022

For more information, visit us at: REBOUNDFITNESS.COM

Are You Keeping Up With Your Appointments?

By ensuring you are staying on track with your physical therapy appointments you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment today!



**REBOUNDFITNESS &
REHABILITATION**

PATIENT SUCCESS

"Our entire family trusts Rebound to keep us safely moving as both elite athletes and everyday athletes!"

"Rebound Fitness has become an important part of my children's sports training in addition to keeping us all healthy. The staff at Rebound takes into consideration the entire picture: how you move, what you do, what are your goals. They look to your body and movement first to see what isn't working and how to accurately treat you. Our entire family trusts Rebound to keep us safely moving as both elite athletes and everyday athletes! Lastly it has to be said that the entire staff is as nice as can be - very comforting and welcoming!" - Mindy W.



Coupon Corner FREE 15 MINUTE DISCOVERY SESSION

Call To Schedule Today!

WE LOOK FORWARD TO YOUR CALL:

847.748.1320

Offer valid for the first 20 people to schedule.
EXPIRES 12.31.22