



REBOUND FITNESS & REHABILITATION

NEWSLETTER

The Newsletter About Your Health & Caring For Your Body



How You Can Avoid Surgery After 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 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 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.

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WHAT IS 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 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 WE 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 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:

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.

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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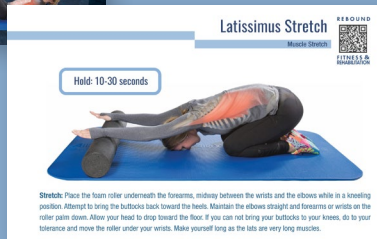
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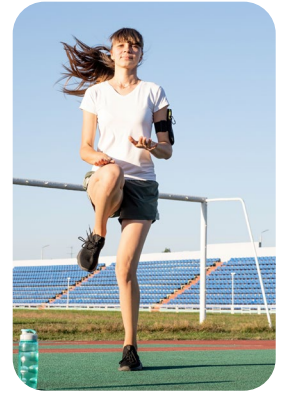
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HEALTHY TIPS

How to Warm up & Cool Down Properly

Are you looking for the most effective ways to minimize injuries and maximize performance? At Rebound Fitness & Rehabilitation, our physical therapists are up-to-date on the most advanced strategies to help you reach your highest potential. There have been significant changes in sports performance and the most effective way to prepare an athlete for competition. Rather than wasting your time with outdated strategies, our therapists at Rebound Fitness & Rehabilitation will teach you how to warm up and cool down correctly to give you the edge in preparing for competition and preventing injuries at the same time!



Dynamic stretching involves performing active movements that repeatedly stretch the muscles to their full range of motion while mimicking the sport you are about to play. Dynamic stretching has been shown to help improve range of motion and increase blood flow and overall performance, especially in sprinting and jumping sports.

Warm-ups that simulate the actual sport (functional movements) give you an added advantage by helping improve your performance during practice or competition. There is significant evidence to support the use of warm-up programs in team and individual sports, with an expected reduction of the risk of injury by over 35%. But long-duration (<60 seconds) static stretching may impair your performance and should be avoided or followed up by dynamic stretching and/or a general warm-up.

Cooling down after participation is also known as recovery. Recovery is as important as warming up and should consist of proper hydration, nutrition, gentle stretching, and/or foam rolling to minimize post-workout soreness. Adequate recovery also ensures your body is ready to handle training demands the following day.



Request an appointment with one of our physical therapists at Rebound Fitness & Rehabilitation, and let us teach you how to warm up and cool down properly. No matter your age or ability, learning to warm up and cool down can make all the difference between injury and playing pain-free!

Sources: <https://link.springer.com/article/10.1007/s40279-018-0958-5> • <https://www.sciencedirect.com/science/article/abs/pii/S1521694219300312> • <https://link.springer.com/article/10.1007/s40279-017-0834-8> • <https://www.frontiersin.org/articles/10.3389/fphys.2019.01468/full> • <https://www.sciencedirect.com/science/article/abs/pii/S1360859220300218> • <https://www.thieme-connect.com/products/ejournals/abstract/10.1055/a-0905-3103>