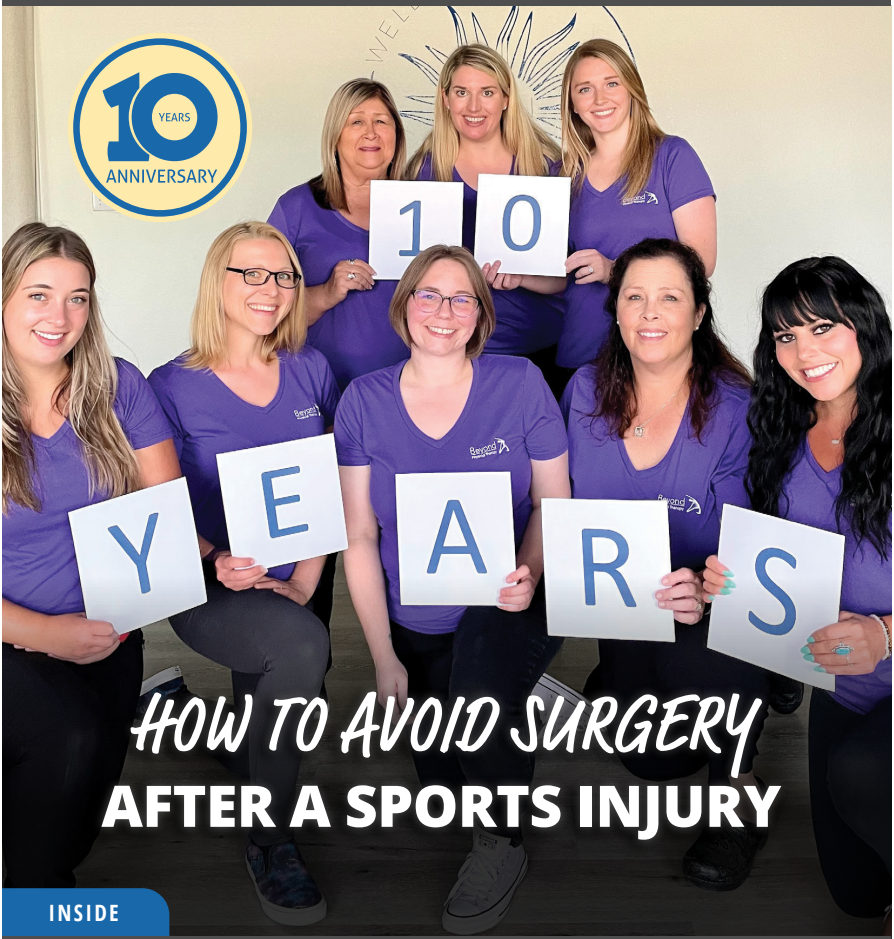
NEWSLETTER

Beyond Physical Therapy

AUGUST 2022



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Beyond Physical Therapy

NEWSLETTER
AUGUST 2022
The Newsletter About Your Health & Caring for Your Body



HOW TO 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 participate 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 Beyond Therapy & Wellness 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 return to sports rather than waiting to do nothing or hope it gets better on its own.

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.

Continues Inside

Contact Beyond Physical Therapy today to find out how we can help you with your sports injury

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Continued From Outside

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 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

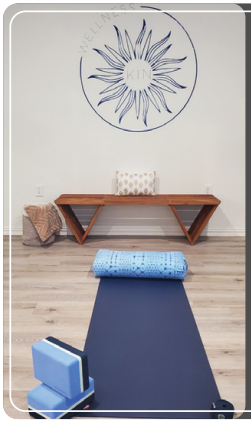
In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- 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.

At Beyond Therapy & Wellness, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

1.817.769.3691



YOGA AVAILABLE!

Did you know we have a Yoga room? Kin Wellness is a full service yoga studio providing a wide variety of classes including short 30 minute Stretch, Meditation, Gentle, Vinyasa, Hatha, Prentatal and more. Yoga is a great option for managing chronic pain, and combating minor aches and pain that go along with daily life. The instructors are highly trained and ready to assist you throughout the class from beginner to expert. All equipment is provided including mats, blocks, and straps. Pre-registration is required please call our office or go to: www.vagaro.com/kinwellness.

PATIENT SUCCESS STORY

"Beyond Therapy is outstanding among all the services I have received."

"I have had extensive therapy in rehabilitation, hospital, and clinic settings since having an ischemic stroke in 2011. Beyond Therapy is outstanding among all the services I have received. The experienced therapists provide evaluation, an individualized program that best meets patient needs, and a holistic approach that succeeded in making me comfortable and confident and gave me many new skills to enhance my safety and well-being. I highly recommend Beyond Therapy to anyone whose needs match their services and will choose them if I require therapy again." **-J.N.**

EXERCISE ESSENTIALS

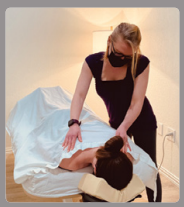
SimpleSet Pro
www.simpleset.net

QUAD STRETCH PRONE

Lie on stomach. Hold ankle with hand. Gently pull ankle toward the buttock. You should feel a stretch in the front of your thigh. Hold for 20 seconds and repeat on each leg.



Now Offering Massage Therapy Appointments



Teagan Lamkin, PTA, LMT, CLT joined our office last spring. She knew from early on she wished to serve others through partnering in their healing and wellness through teaching and non-invasive means. After becoming a massage therapist in 2011, she worked in clinical and medical spa settings alongside chiropractors, doctors, and physical therapists. She has received continuing education in various modalities including orthopedic, sports, reflexology, prenatal, aromatherapy, and myofascial release. In addition, since becoming a PTA, she has received certification as a Lymphedema therapist (CLT). She enjoys learning from her clients their specific concerns and tailoring massage specific to their needs. We are excited to announce that she will now be offering massage here at Beyond Therapy and Wellness Physical Therapy! **Schedule an appointment for massage by calling 1.817.769.3691 or in person at our office.** Services are 45 or 90 minutes. Please arrive at least 10 minutes prior to your appointment time to complete intake forms and a pre-session interview.

A MESSAGE FROM KRISTI ON 10 YEARS

Ten years go by fast when you are doing what you love! I started the clinic 10 years ago after just moving back from NYC with the desire to create something that did not exist yet. An outpatient PT clinic that was warm, inviting and comfortable for patients to come in and work on their bodies and address very personal issues. I wanted a clinic that was perfectly suited for pelvic rehab where individuals did not feel like they were walking into a gym about to spill their guts about their bladder or vagina to a room full of people. In creating a clinic well suited for pelvic rehab, it also allowed for a more personalized experience with typical PT conditions since all our visits are one on one with a licensed therapist.

Beyond Therapy started in a small 1,000 square foot space in July 2012, then moved to a larger, rented space at year 3 and now, 10 years later, owns a new office with 7 private treatment rooms and a gym space flooded with sunshine and positive energy.

As the owner, I love coming to work every day and am so thankful for the team that is on this journey with me. Beyond therapy has had a slow and steady growth over the past 10 years and I consider it a huge blessing that God has allowed me to work everyday helping people live better lives. I have a wonderful team that carries the culture and mission of Beyond Therapy with grace and passion and I look forward to the next 10 years!

ARE YOU IN PAIN?
HAVE YOU SUFFERED AN INJURY?
ARE YOU LOOKING TO GET HEALTHIER, STRONGER, AND MORE ACTIVE?

If you answered yes to any of these questions, let us help you get pain free and meet your goals.

CALL BEYOND PHYSICAL THERAPY
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Beyond
Physical Therapy