

APRIL

THE THERAPY Connection

A newsletter for our valued patients & friends.



TIP OF THE MONTH

Sports Specialization is Starting Too Early

Sport specialization is starting at a younger and younger age. Pro sports coaches, medical doctors and athletic trainers all agree that specialization is starting way too early.

Steve Nash waited to start basketball when he was 13-years old. Wayne Gretzky started hockey young, but he also played baseball, lacrosse, and tennis well into his teens.

One big problem with sports specialization at an early age is overuse injuries. These injuries are often subtle and occur over time. Micro-trauma from too much repetitive motion often shows up in elbows, knees and shoulders. Common specific names for these injuries include: Achilles tendinitis, tennis elbow (lateral epicondylitis), rotator cuff tendinitis and impingement, Little League elbow, runner's knee, shin splints and jumper's knee or infrapatellar tendinitis. Mental burnout is also frequent in athletes who specialize too young.

One specific overuse injury is caused by throwing too many pitches too hard. This is the reason an elbow ligament tear often needs a surgery called Tommy John surgery. It is too frequently seen in athletic training rooms and physicians' offices. According to noted orthopedic surgeon Dr. James Andrews, "Tommy John surgery at the high school / youth level in my practice since 2000 has increased tenfold. I'm doing way more of these procedures that I want to. Furthermore, kids are less likely to return to their previous form after the surgery, dispelling the notion that pitchers should get Tommy John surgery as soon as possible because it will help them throw harder."

We all want to be free to chase our dreams both in sports and in life. This pursuit is a multi-year race, not a quick sprint, whether you are 10 years old or 60 years old.

For 9 steps to prevent Overuse Injuries click [here](#)



PT&Me Featured Article [ACL Prevention and the Female Athlete](#)

Since the passage of Title IX in 1972, girls' participation in high school sports has increased more than 900%.¹ The speed, power, and intensity displayed by female athletes have dramatically increased over the past decade. The aggressive style of play has led to an increase in musculoskeletal injuries. One of the more common is a...[more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!

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"True success is overcoming the fear of being unsuccessful."

— Paul Sweeney

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Shrimp Pasta

This meal is delicious. Since seafood is in season, now is the perfect time to treat yourself. If you are watching your carbs or gluten, this meal is just as good without pasta, or try it with Quinoa pasta or other pasta of choice.



Ingredients:

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| • 2 lbs of shrimp peeled and deveined | • 2-3 cloves garlic minced | • salt & pepper to taste |
| • 2 tablespoons olive oil | • 1 tablespoon Oregano | • 3 tablespoons butter |
| • 1 yellow onion chopped | • Tony's / Creole seasoning to taste | • 1 box spaghetti cooked |

Directions:

1. Preheat oven to 350 degrees
2. Heat the olive oil and butter in the pan until melted
3. Saute onions and then add garlic once translucent
4. Take off the heat and stir in the oregano
5. Put the shrimp in a baking dish and lightly cover with salt, pepper and Creole seasoning
6. Pour the sauce on top and throw in the oven for 30 minutes – stirring occasionally
7. Prepare pasta as directed
8. Put the pasta in bowls and scoop the shrimp and sauce on top
9. Serve hot and enjoy!