

### TIP OF THE MONTH

#### School Sports Injuries

For many student athletes, back to school means back to sports. An injury to a school aged athlete and the pressure to play can lead to decisions that may steer to additional injury with long-term effects.



Sports injuries can cause problems that require surgery as an adult, and may lead to arthritis later in life. When a sports injury occurs, it is important to quickly seek proper treatment. To ensure the best possible recovery, athletes, coaches, and parents must follow safe guidelines for returning to the game. Injuries among young athletes fall into two basic categories: overuse injuries and acute injuries. Both types include injuries to the soft tissues (muscles and ligaments) and bones.

**ACUTE INJURIES:** Acute injuries are caused by a sudden trauma. Examples of trauma include collisions with obstacles on the field or between players. Common acute injuries among young athletes include contusions (bruises), sprains (a partial or complete tear of a ligament), strains (a partial or complete tear of a muscle or tendon), and fractures and concussions. More info on concussions can be found [here](#).

**OVERUSE INJURIES:** Not all injuries are caused by a single sudden twist, fall, or collision. Overuse injuries occur gradually over time. When an athletic activity is repeated so often, parts of the body do not have enough time to heal between playing. Overuse injuries can affect muscles, ligaments, tendons, bones, and growth plates. For example, overhand pitching in baseball can be associated with injuries to the elbow. Swimming is often associated with injuries to the shoulder. Gymnastics and cheerleading are two common activities associated with injuries to the wrist and elbow.

Stress fractures are another common overuse injury in young athletes. Bone is in a constant state of turnover—a process called remodeling. New bone develops and replaces older bone. If an athlete's activity is too great, the breakdown of older bone occurs rapidly, and the body cannot make new bone fast enough to replace it. As a result, the bone is weakened and stress fractures can occur—most often in the shinbone and bones of the feet.

**PRACTICING PREVENTION:** Many high school sports injuries can be prevented through proper conditioning, training, and equipment. Many injuries can be prevented with regular conditioning that begins prior to the formal sports season. Injuries often occur when athletes suddenly increase the duration, intensity, or frequency of their activity. Young athletes who are out of shape at the start of the season should gradually increase activity levels and slowly build back up to a higher fitness level.



**PT&Me Featured Article**  
[Back Pack Safety 101](#)

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



*“We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort”*

— Jesse Owens

## 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

#### TexMex Enchiladas

This is a great recipe that your kids will love. Thanks to Johnny for sending this our way!



#### Ingredients:

- 28oz can of enchilada sauce (La Palmas recommended)
- 1lb. ground beef
- 1 cup of vegetable oil
- Corn tortillas
- Cheddar cheese-2 Cups
- Onion (optional) chopped
- Green pepper (optional) chopped
- 9x13 baking pan

#### Directions:

1. Preheat the oven to 350°
2. In a saucepan, brown the ground beef and add all seasonings - onion (optional), green pepper (optional), and add ¼ cup of enchilada sauce.
3. In a deep fry pan, heat the oil and dip the corn tortillas in until they are fried; do as many as you like.
4. Put them on a plate and let them cool off a little so you do not get burned.
5. In your baking dish, spread just enough enchilada sauce to coat the bottom of the pan.
6. Using one tortilla at a time, spoon in the ground beef mixture and half of the cheese, roll them up and line them up in the baking dish.
7. When done, spread the desired amount of enchilada sauce on the enchiladas and spread the remaining cheddar cheese on top.
8. Cook for about 15 minutes or until the cheese is melted.