

# JULY

## THE THERAPY Connection

A newsletter for our valued patients & friends.

### TIP OF THE MONTH



#### Sports Injury Warning Signs

There are usually some common signs and/or symptoms you can recognize as warning signs that you have an injury that requires attention. Often sports injuries are immediately evident, however, others can have slow and progressive onset that worsen over time.

It is important to pay attention to both types of injuries, as chronic problems can and often do develop. Below, we offer some common warning signs that you may have incurred a sports injury.

**1. Joint Pain:** Of most concern are the joints of the knee, ankle, elbow, wrist, and shoulder. Joint pain that last more than 48 hours may require physician evaluation.

**2. Tenderness at a Specific Point:** If you are able to elicit pain at a specific area in a bone, muscle or joint, it is possible you have a significant injury. Remember, it is important to compare the same spot on the other side of the body for evaluation purposes.

**3. Swelling:** It is important to note that most sports injuries can cause swelling and this is a symptom that should never be ignored. While swelling is usually quite obvious, you may occasionally feel swollen without outward signs. Swelling may cause pain within a joint, stiffness, or could produce a clicking sound as muscle tendons snap over one another due to the pressure caused by swelling.

**4. Reduced Range of Motion (ROM):** Often if swelling is not obvious, an injury may present as a reduced ROM in the joint. When there is significant swelling within a joint, you will lose ROM of that joint. Again, it is important to compare one side of the body with the other to identify differences.

**5. Comparative Weakness:** Comparing one side to the other for weakness can often be a clue to identify significant injury. One way to evaluate weakness is with the same way with the right and left side and compare results. Weakness by itself as well as weakness and pain may be a warning sign that a significant injury has occurred.

**6. Numbness and Tingling:** The symptoms of numbness and tingling are often related to nerve compression. These are warning signs that may indicate significant injury and should never be ignored. These warning signs may require physician evaluation.

#### Immediate Treatment

It is important to note that if you recognize any of the above warning signs, your goal is to prevent further damage, discontinue the sporting activity and do not let the problem get any worse.

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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***“You must do the thing you think you cannot do” — Eleanor Roosevelt***

### 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

#### Tomato & Mozzarella Open Faced Sandwich

This recipe comes to us from our friend Kristi. An old co-worker of hers gave Kristi this recipe and she loves it! She makes it every chance she gets. It's perfect for a hot summer day.



#### Ingredients:

- Loaf of fresh baked French or Italian bread
- Sliced tomatoes of your choice
- Mozzarella cheese
- Red wine vinegar
- Basil to taste
- Pepper to taste

#### Directions:

1. Slice your loaf of bread into the thickness of your preference and lay the slices flat on a plate or counter.
2. Lay the tomato slices down so that they cover the entire slice.
3. Put a few drops of red wine vinegar on top of the tomato so that it runs through and soaks into the bread.
4. Take your mozzarella and arrange evenly on top of the tomato.
5. Add Basil and Pepper to taste and Enjoy!

You want to begin treatment immediately using the **RICE (rest, ice, compression, and elevation)** treatment method.

1. Stop the activity immediately.
2. Wrap the injured part in a compression bandage.
3. Apply ice to the injured area for 15 minutes at a time.
4. Elevate the injured part to reduce swelling.
5. See your physician/physical therapist for an evaluation/diagnosis of any serious injury.

To learn more about physical therapy and its role in sports medicine, click [here](#)