



TIP OF THE MONTH

Getting Back Into School Sports!

It's an exciting time for student-athletes! This fall, it looks like most schools are going to be in full swing this year. Grade school, college, and professional athletes alike are ready to prove themselves once again on the court or the field. With all the extra time away, it can be easy to go full throttle and overextend yourself. Whether you're an athlete, or you happen to have a child or family member that will be in sports this season, look out for indications of a possible injury.

Common Injuries

- **Rotator Cuff Tendinitis** - common in those who participate in overhead sports (i.e. swimming, baseball & tennis), this is when the shoulder tendons become inflamed and can be prevented by a proper warm-up with rotator cuff strengthening exercises
- **Runner's Knee** - inflammation and pain in & surrounding the knee cap that can be resolved by adding arch support or inserts and utilizing stretching exercises for lower body flexibility
- **Thoracic (Mid to Upper) Back Pain** - common in young adults who do not use proper posture when performing back loading or weightlifting exercise, which can be treated by performing spinal mobility and yoga exercises
- **Shin Splints** - pain in the lower leg on the shin bone due to excessive pronation or tight calf muscles, which can be treated by calf & Achilles stretching or using a compression wrap

Concussions

A concussion is a traumatic brain injury caused by a blow to the head or a sudden jolt to the upper body. With rest, most athletes [fully recover](#) — but it is vitally important to avoid re-injury while healing. If you believe someone is exhibiting signs of a concussion, immediately contact a medical professional.

Concussion Warning Signs

- Not thinking clearly
- Sensitivity to light or noise
- Trouble concentrating
- Easily upset or angered
- Headache, dizziness
- Sleeping more or less than usual

Fuel Your Body

When you exercise or do strenuous activity, your [body needs to refuel](#). Certain foods can help improve endurance, help muscles recover, and help the body perform at its best.

- **Beets (Beetroot juice)** - loaded with nitrates that help your body's cells produce and amp up their energy and improve endurance
- **Coconut Oil** - loaded with healthy fats, which can be easily broken down by the body, to produce a quick burst of energy and prevents muscle aches post-workout
- **Berries** - this food provides fuel to your muscles and is loaded with antioxidants to aid in cellular regeneration and heal faster to speed up recovery (e.g. Strawberries, goji berries & blueberries)
- **Chia seeds** - this wonder seed has the perfect balance of healthy fats, proteins, and carbohydrates. It's practically begging to be added to your pre-workout drink
- **Spinach** - has concentrated amounts of antioxidants & essential nutrients for a fast recovery and nitrates to increase energy levels

If you or your loved one should need any help with injury prevention, concussion recovery, or sports injury recovery, our team is here and ready to help you have a safe and competitive sports season.

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



**“Good, Better, Best.
Never let it rest.
Until your good is
Better and your
Better is your best.”**

— Tim Duncan

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

ABC Juice

This power-packed drink has endless benefits, from increasing immunity to lowering blood pressure & inflammation, to detoxing your liver & gallbladder, to weight loss, and more. Added bonus - it tastes great



INGREDIENTS

- 1 large green apple
- 1 small beetroot
- 2 medium-sized carrots
- 1 lemon
- Water

DIRECTIONS:

- Wash your fruit and veggies properly
- Remove the peel of beetroot and chop all the ingredients into small pieces.
- Put them in a blender or juicer. Add little water. Blend well.
- If using a blender, strain the mixture and set juice aside.
- Serve the juice in a glass with a generous squeeze of lemon to enhance the taste
- Do not add sugar



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