



TIP OF THE MONTH

What You Need to Know about Athletic Injuries

Most athletic injuries can be broken down into three main categories: Acute, Overuse, and Chronic. Physical therapists that [specialize in sports medicine](#) help athletes experiencing pain get back in their sport. From the time of the injury through recovery and performance, our team has the know-how and experience to get rid of your pain.

- 1.) **ACUTE:** Usually a result of a single traumatic event within the last five days. Examples: fractures, sprains, dislocations, muscle strains.
- 2.) **OVERUSE:** Subtle and occur over time, making them challenging to diagnose and treat. Examples: swimmer's shoulder, runner/jumpers knee, Achilles tendonitis, [shin splints](#).
- 3.) **CHRONIC:** Usually has lasted at least three months or more.

COMMON CAUSES OF INJURIES:

- [Improper training](#) and technique
- Incorrect equipment fitting and support
- Anatomic or biomechanical issues of athlete
- Catastrophic event on or off the field

OVERUSE INJURIES AND BURNOUT

Did you know that 50% of all sports injuries to student-athletes are a [result of overuse](#)?

Overuse/overtraining injuries and burnout are major problems for adolescent athletes. Both can occur when participating in sports year-round with no "off-season" or have insufficient recovery time between practices and games.

Typical burnout signs among student-athletes:

- Pain during or after activity or while at rest
- Lack of enthusiasm for practices or games
- A drop in grades

Prevent overuse injuries and burnout with these simple tips:

- Allow time for proper warm-up and cool-down routines
- Rest 1-2 days per week or engage in another activity
- Focus on strength, conditioning, or cross-training during the "off-season"

Physical therapy and athletics go hand in hand. In many cases, your PT may be a former athlete that experienced an injury in their youth and, as a result, found a passion for rehabilitating others. If you are experiencing pain, or have already had an injury, don't wait to talk to your physical therapist. The faster you ask for help, the faster you can get back into your sport. Contact us if you're looking for help preventing or recovering from a sports-related injury.



ICE VS. HEAT
WHAT TO DO
WHEN YOU'RE
IN PAIN

Featured Article: [Ice vs. Heat: What to do When You're in Pain](#)

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



"Life has no limitations, except the ones you make."

— Les Brown

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

Vegetarian Taco Bowls

These taco bowls are easy and healthy. Sautéed veggies are used instead of meat, so they are very low fat and economical without sacrificing any flavor!



[Click for the original recipe.](#)

INGREDIENTS:

- Bake and fill taco salad shells
- 1 10oz can refried beans
- 1 Tbsp of olive oil
- 2 cups sliced cremini mushrooms
- 1 cup chopped red bell pepper
- ½ cup chopped onion
- ¼ cup taco seasoning
- 1 tsp smoked paprika
- ½ cup water
- Shredded lettuce or cabbage
- Toppings of your choice

DIRECTIONS:

1. Follow the instructions on the packaging for the taco shells or bake your own using your choice of tortilla
2. Heat the refried beans on low in a small covered saucepan
3. Add olive oil to a non-stick pan on medium heat and sauté the mushrooms, bell pepper, and onion
4. Once tender, add taco seasoning, paprika, and water. Continue to sauté until the water is reduced by half (5-10 minutes)
5. Construct your bowls adding the beans at the bottom, then veggies, lettuce, and any additional toppings you enjoy!