



TIP OF THE MONTH

Lower the Risk of Sports Injuries with Physical Therapy.

Did you know Many PTs are former athletes and still enjoy sports as adults? Having experiences as both an athlete and caregiver, makes our profession uniquely qualified to help athletes perform better and prevent injury. Our physical therapists have the skills and knowledge to examine movement patterns and spot muscle weaknesses. By correcting these imbalances, increasing flexibility, and enhancing overall body mechanics, physical therapy can significantly lower an athlete's risk of injuries.

What to Expect from a Sports Injury Prevention Program
Physical therapy plays an important role in helping athletes avoid sports injuries. By proactively addressing potential issues and focusing on injury prevention, athletes can substantially reduce the risk of injury during sports activities. Here are some ways sports medicine physical therapy can help:

- 1. Identifying and Addressing Imbalances:** Athletes with sport specializations may experience muscle imbalances from repetitive movements and overtraining. While it's important to strengthen muscles needed for a sport, this could leave underutilized muscle groups weak and at risk for injury. Through targeted exercises, physical therapists can identify and correct muscle imbalances to relieve unnecessary stress on tendons and joints, reducing the likelihood of injury.
- 2. Enhancing Body Awareness and Coordination:** Sports Performance programs focus on strengthening, and an athlete's awareness of their position and movement. By developing better control and coordination, athletes can react more effectively during sports activities. Depending upon the sport and the ability and age of the athlete, the movements and exercises within this program will change.
- 3. Creating a Dynamic Warm-Up Routines:** **Dynamic warm-ups** are essential to athletic performance. It promotes blood flow to the muscles, gradually increases the heart rate, and lowers an athlete's risk of injury. A good dynamic routine will target the major muscles needed in a sport and prepare the body for exertion. And if you haven't already guessed, we can help develop one for you or your athlete.

Our physical therapists are ready to help you stay injury-free. Call or visit us online for more information about our sports injury prevention and recovery programs.



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

Featured Article: [Ice vs. Heat When in Pain](#)

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



“It isn't what we say or think that defines us, but what we do.”

— Jane Austen

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

Ginger Carrot Soup

What better way to celebrate the season than with a creamy carrot soup!



INGREDIENTS:

- 1lb of peeled & cut carrots
- 3T of olive oil divided
- Salt
- 1/2 medium onion chopped
- 3 cloves of garlic smashed
- 1 tsp of grated fresh ginger
- 1T apple cider vinegar
- 3 cups vegetable broth
- Pepper to taste
- Coconut milk (optional)

DIRECTIONS:

1. Preheat the oven to 400°
2. In a small bowl, coat the carrots in 2T of olive oil and a light dusting of salt
3. Put the chopped carrots on a lined baking sheet and roast until caramelized (30-40 minutes). Tossing half way through.
4. Heat a large pot on medium heat with 1T of olive oil, sauté the onions until transparent, and add the garlic.
5. Once the garlic is fragrant, stir in the ginger, apple cider, carrots, and broth. Bring to a boil and simmer for 15 min.
6. Cool slightly, transfer to a blender, blending until smooth.
7. Salt & pepper to taste
8. Serve with a touch of coconut milk if desired and enjoy!