



Physical Therapy

N E W S L E T T E R



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Avoid Injuries

Keep injuries at bay with these tips

Healthy Recipe

Try this delicious, spicy side dish

Spring Cleaning

Five benefits of Spring cleaning to motivate you



Physical Therapy

NEWSLETTER



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Loop Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

KEEP INJURIES AT BAY WITH THESE TIPS

The licensed physical therapists and physical therapist assistants at Loop Physical Therapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

Don't Let Pain Sideline You

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and

stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Loop Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

Preparing your body...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do strength training
- Do coordination training
- Do endurance training



For more information about how to avoid or recover from a sports injury, call us today at 773.541.2020 or visit us at LoopPT.com!

NO REFERRAL? NO PROBLEM!



Did you know we can see you for PT with or without a doctor or other healthcare provider's referral? One of our physical therapists will evaluate you, and customize a treatment plan to reduce your pain and get you moving better. Refer yourself or a loved one!



**LOOP PHYSICAL
THERAPY CENTERS**

WHAT PATIENTS ARE SAYING!

"I started going to loop physical therapy's west loop location for a lower back issue that kept me from doing even the simplest everyday tasks. The entire staff is great, especially Reagan, who I worked with the most. Not only did she work on my back pain but also took the time to address other areas of weakness to prevent future injuries. I'm now back to work and back in the gym pain free and I can't remember the last my back has felt this good. I can't thank her enough! I would highly recommend loop physical therapy!"

— Nick M., February 25, 2021

Learn more by visiting our website at LoopPT.com or schedule your consultation today by calling!

5 BENEFITS OF SPRING CLEANING

1. Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America. A 2014 study by the American College of Allergy, Asthma, and Immunology found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

2. Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

3. Better Heart Health. If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

4. Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

5. Get a Better Night's Sleep. Do you have trouble sleeping at night? The National Sleep Foundation found in a recent poll that people who make their beds are 19 percent more likely to sleep well on a regular basis. Clean sheets with a fresh scent impacted 75 percent of those individuals polled. See what a difference spring cleaning can make by cleaning the clutter from your room and sleeping on some fresh sheets.

Flu Season & COVID-19 Got You Worried? Give Yourself an Immunity Boost!

These three tips can help you stay healthy and strengthen your immune system:

- Aim for 8-9 hours of sleep each night.
- Make a habit of 20-30 minutes of physical activity a day.
- Maintain a nutritious diet heavy on fruits and vegetables. The essential vitamins are key to making sure your immune system is as healthy as possible.

EXERCISES TO DO AT HOME!



Hip Stability

1. Begin on all fours with your hands under your shoulders and your knees under your hips.
2. Go to your forearms and brace your core ensuring a flat back and no rotation in the hips.
3. Place a ball behind your knee and press that knee into the mat as hard as you can for 3 seconds.
4. Now lift your leg in the air and continue to squeeze the ball as hard as you can pressing your foot to the ceiling for 3 seconds, and repeat.

Knee Stability

1. Begin in a standing upright position holding a free weight in both hands.
2. Put a resistance band around the stance leg at the knee, as performing the exercise resist the band from pulling your knee laterally.
3. Lift one leg off the ground and bend forward at your hips, lowering the free weight toward the ground. Then return to an upright position and repeat.
4. Make sure to keep your back straight during the exercise, engage your core, and try not to let your knee move forward as you lower the weight.



Ankle Stability

1. Begin in a standing upright position with your feet together on a BOSU® ball.
2. Lift one foot off the ball and hold this position. Brace your core and be sure to press all your toes into the BOSU® ball to strengthen the entire ankle, not just the outside.

HEALTHY RECIPE CUCUMBER KIMCHI



Ingredients

- 2 pickling cucumbers/ small cucumbers
- 1 tsp kosher salt
- 2 cloves garlic, finely chopped
- 2 scallions finely chopped
- 1¼-inch piece fresh ginger, finely chopped
- 2 tbsp rice vinegar
- 1 tbsp Korean chile powder
- 2 tsp sugar
- ½ tsp fish sauce

Directions

Cut cucumbers in half lengthwise and then crosswise into ½-inch-thick half moons. Place in a medium bowl and mix thoroughly with salt. Let stand at room temperature for about 30 minutes. Meanwhile, combine garlic, scallions, ginger, vinegar, chile powder, sugar and fish sauce in a medium nonreactive bowl. Drain the cucumbers (discard the liquid). Stir the cucumbers into the vinegar mixture. Cover and refrigerate for 12 to 24 hours before serving.



For additional nutritional information, visit us at LoopPT.com or call us today to set up a dietary consultation with our team member, Aysin Yavuz!