



Physical Therapy

NEWSLETTER



AVOID COMMON RUNNING INJURIES

Avoid Injury

*Hit your stride with Loop
Physical Therapy*

Exercise Essentials

*Stay in shape while
staying at home!*

Healthy Recipe

*Try this healthy dinner recipe
tonight!*



Physical Therapy

NEWSLETTER

AVOID COMMON RUNNING INJURIES



As a runner, it is possible for injuries to occur. It is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from running is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are overstretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Loop Physical Therapy today.

What Are Some Common Injuries?

At Loop Physical Therapy, our licensed therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a tendon is stretched beyond its limits or torn, while strains occur when a ligament is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues

that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

How can I prevent these injuries?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate

HIT YOUR STRIDE WITH LOOP PHYSICAL THERAPY



you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What should I do now?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Loop Physical Therapy today. One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!



For more information about how physical therapy can help your running pain, call us today at 773.541.2020 or visit us at LoopPT.com!

water and nutrition, your body's tissues are more prone to overstretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.

- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there. For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When

CALL US TODAY! 773.541.2020

NO REFERRAL? NO PROBLEM!

 **Save time**  **Save money**  **Improve your health naturally**

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!



WHAT PATIENTS ARE SAYING!

"Tj and her staff are the most dedicated, personable physical therapist's I've ever seen! Normally I dread therapy but since I've been lucky enough to be introduced to Loop Physical Therapy I can't get enough! Thanks Tj, Gigi and Ragan!"

— Tony L.



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

EXERCISES TO DO AT HOME!



Seated Hip Internal and External Rotation

Setup

- Begin sitting up with your knees bent, feet flat on the floor, and legs wider than hip width apart.

Movement

- Let your knees fall toward the same side, then repeat on the other side. Make sure to keep both of your hips on the ground during the exercise and do not arch your back. Tap knees down 30x.

Half Kneeling Hip Flexor Stretch



Setup

- Begin in a half kneeling position with one knee bent in front of your body and the other kneeling with a heavy resistance band around your hip crease.

Movement

- Tighten your abdominals, tilt your pelvis backward, and

gently push your hips forward but squeezing your glute. You should feel a stretch in the front of your hip. Hold for 30 seconds.



Single Leg Squat

Setup

- Begin in a standing position, holding on to a rail on the wall or something level with your waist in standing. Now balancing on one leg and “screw” your feet into the ground pressing your big toe into the ground and feeling your arch activate.

Movement

- Bend your knee and reach forward with your non-balancing leg. Sit into the position and rip your knee out laterally for 5 seconds, then push up through your feet, squeeze your quadriceps and glute as you rise. Repeat 10x.



LOOP PHYSICAL
THERAPY CENTERS

HEALTHY RECIPE PUMPKIN SOUP



Ingredients

- 6 c vegetable stock
- 1 ½ tsp salt
- 4 c pumpkin puree
- 1 cup chopped onion
- ½ tsp chopped thyme
- 1 clove garlic, minced
- ½ c heavy cream
- 2 tsp black pepper

Directions

Heat salt, soup, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

**Don't Miss Out On This
Special Offer!**

**FREE BODY COMPOSITION
ANALYSIS**

For more information, call us at **773.541.2020** or visit our website at **LoopPT.com!** This offer expires September 30th, 2021.



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!**

Learn more by visiting our website at **LoopPT.com** or schedule your consultation today by calling **773.541.2020!**



LOOP PHYSICAL THERAPY CENTERS

Call Us! 773.541.2020 • Visit Us! LoopPT.com

LOOP LOCATION

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WEST LOOP LOCATION

16 N PEORIA ST
CHICAGO, IL 60607

EDGEWATER LOCATION

5315 N SHERIDAN RD
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