



NEWSLETTER

Your #1 Health and Wellness Resource

ARC-REHAB.COM



“Every time I have a Physical Therapy session with John, I feel a qualitative improvement the next day.” – MP

INSIDE:

- Meet Our Staff
- Trivia Challenge — ENTER AND WIN!
- **TENNIS WORKSHOP**
Wed., June 29th

PHYSICAL THERAPY CAN HELP YOU RESOLVE YOUR TENNIS INJURIES



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PHYSICAL THERAPY CAN HELP YOU RESOLVE YOUR TENNIS INJURIES

Are you concerned about that achy knee getting worse from your changes in direction when you play tennis? Have you tried adjusting your grip and looking at your swing but still have elbow pain? At ARC Physical Therapy, our physical therapists are highly trained movement experts. We can help figure out any limitations or restrictions that may be interfering with you enjoying a tennis match this season.

Tennis is one of the most popular sports played by people of all ages, both male and female, from recreational to competitive leagues. Most tennis injuries of the upper extremities are overuse-type conditions that are often due to poor swing mechanics, poor core strength and/or improper warm-up. In comparison, lower extremity injuries are often acute due to sudden changes of directions or abrupt stops.

Fortunately, our physical therapists are experienced in caring for tennis players of all levels and abilities. We understand the nature of the most common injuries and the specific demands on individual joints, soft tissue, and your body.

Let one of our physical therapists at ARC Physical Therapy assess your injuries and provide you with a comprehensive program to resolve any issue standing in your way of getting out on the courts again!

What Are The Most Common Tennis Injuries?

No matter what your issues are, we can offer solutions that work! Whether you are an experienced tennis player or relatively new to the game, our physical therapists can help. We understand the mechanics behind most overuse-type injuries and the weaknesses and restrictions most often associated with acute injuries.

The most common type of upper-body injury is overuse due to the force/speed of swings and improper swing mechanics.

Studies have demonstrated that prolonged tennis matches can lead to muscle fatigue resulting in changes to how the shoulder blade (scapula) functions. These changes to the muscle's ability also change how the shoulder itself moves (i.e., the mechanics).

Continued inside.



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PHYSICAL THERAPY CAN HELP YOU RESOLVE YOUR TENNIS INJURIES

Continued from previous page.

Understanding the interrelationship of the parts of the body is where a physical therapist excels. In physical therapy, we call this "regional interdependence," which is a fancy way of saying if one area of the body has impaired function, it can (will) affect another location away from the problem site. The result is often pain or injury to the rotator cuff muscles and, for some, the elbow.

Changes to your ability to swing properly will often lead to overuse type injuries to the muscles, tendons, or ligaments, including:

- Shoulder impingement
- Rotator cuff tears or tendinopathy
- Elbow sprains and strains (i.e., ulnar collateral ligament injuries and/or tennis elbow)

The lower extremity often experiences more acute injuries, especially the ankle, knee, and hip. The most common acute type injuries include:

- Back pain (i.e., muscles strain or disc injury)
- Hip Sprain/strains
- Knee sprains (i.e., meniscus injuries or ACL tears)
- Ankle sprains
- Achilles tears and/or tendinopathy

MONTHLY TRIVIA CHALLENGE

Call us with your answers before the last Friday of the month and be entered into our PRIZE DRAWING!

1. On what date was the first sustained flight recorded as a hot-air balloon was launched at Annonay, France, by brothers Joseph and Jacques Montgolfier?
2. What pioneering feminist was fined for voting in a presidential election at Rochester, New York on June 6, 1872?
3. What was Judy Garland's real name when she was born on June 10, 1922 in Grand Rapids, Minnesota?
4. Born on June 11, 1913, who is the American Football coach for whom the Super Bowl's trophy is named?
5. Which U.S. President was the first to broadcast a message over the radio?
6. What world famous Architect was born on June 8, 1867 in Richland Center, WI?
7. On June 1, 1869 Thomas Edison received his first patent for what invention?



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Regional interdependence can also influence these acute injuries to the lower extremities. For example, research has shown that restrictions in the hip range of motion will increase the likelihood of injuring the knee joint, specifically ACL tears. In addition, research has shown that weakness in the hip abductors makes you more susceptible to ankle sprains.

Fortunately, our physical therapists are musculoskeletal experts. We will identify the root cause of your pain/injuries and help design the most advanced therapeutic strategies to resolve your problems so you can get back on the courts playing at your highest levels!

How Can Physical Therapy Help?

Most tennis-related injuries result from overuse due to poor mechanics or acute injuries due to weaknesses or restrictions in the lower extremities. Our team has a good understanding of the biomechanics and forces of the tennis swing and the interrelatedness of our muscles and joints to diagnose and treat any musculoskeletal injury.

We will conduct a comprehensive evaluation at your first visit that includes a thorough history and movement assessment. We will identify any limitation in your joint range of motion and how your joints move in relation to one another.

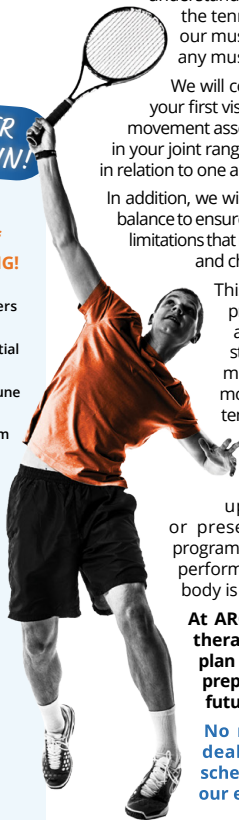
In addition, we will test your strength, coordination, and balance to ensure we determine any weaknesses and/or limitations that may impair your ability to swing correctly and change directions properly.

This information will help us design a program tailored to your individual needs and consist of targeted mobility work, strength and endurance training, and any modification or correction of any faulty movement patterns. Our goal is to help tennis players reduce their risk of injury and improve their overall performance to play at their highest level.

Our team will show you warm-up routines and in-season and/or pre-season strength and conditioning programs that include education on enhancing performance so you can play knowing your body is prepared!

At ARC Physical Therapy, our physical therapists will design a tennis-specific plan to help you resolve any injury and prepare your body correctly to prevent future injuries.

No matter what condition you are dealing with, we can help! Call to schedule an appointment with one of our experts today!



ENTER AND WIN!

June 29th | 6:30 pm - 7:30 pm

FREE WORKSHOP

HOW TO LIMIT RACKET SPORT INJURIES

Have you ever had an injury from participating in a racket or paddle sport? Are you concerned about returning to play after an injury because you don't want to hurt! ARC in Westmont is hosting a workshop focusing on prevention of injury for racket sport athletes and returning safely after injury. In this workshop, you will learn how your body affects your swing mechanics, factors that lead to upper versus lower extremity injury, and racket specific exercises that can lower your injury risk.



CALL 603.323.8646 TODAY
TO RESERVE YOUR SEAT!

COME LEARN...

Body
Mechanics

Common Racket
Sport Injuries
And How To
Prevent Them

Racket Sport
Specific
Exercises

And More

The first 10 to reserve their seat will receive a gift!

WEDNESDAY • JUNE 29 • AT 6:30PM

ARC Physical Therapy • 337 W. Ogden Ave. • Westmont, IL 60559



MEET OUR STAFF



Brielle C, PT, DPT

Brielle has been a physical therapist since 2004 and became interested in physical therapy as a kid. She would tag along with her dad as he taught Exercise Science classes and became interested in the body and how it worked. She values the team effort it takes to help a patient reach their therapy goals, involving the patient, her co-workers, and other medical providers, to

provide the best care for her patients. Getting to know the person and the life they enjoy, and not just the diagnosis they enter the clinic with, is key to the partnership needed to reach each individual's goals. She believes that educating the patient and empowering them to take an active role in their recovery is central to reaching their maximum level of health.

Brielle received her Doctor of Physical Therapy from Midwestern University and her Bachelor of Science in Gerontology & Biomedical studies from Bowling Green State University.

When Brielle isn't treating patients she enjoys traveling with her husband and twin daughters, finding treasures among antiques, cooking for people around her, volunteering at her kids' school and church activities and taking walks with her dog.

COME BACK TO ARC PT!

- Has a pain returned?
- Are you suffering from a new pain?
- Do you want to be healthier, stronger, and more active?

If you answered yes to any of these questions you need to come back to ARC Physical Therapy. Call us today!

Call for an appointment today and start your journey to a healthier, happier, pain-free life.

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