



The Role Physical Therapy Plays
in Preventing Surgery for

SPORTS-RELATED INJURIES

CHECK OUT OUR
NEW WEBSITE



www.arc-rehab.com

New and Improved



The Role Physical Therapy Plays
 in Preventing Surgery for

SPORTS-RELATED INJURIES



If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our ARC Physical Therapy physical therapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

Tailored Plans After an Injury

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains,

thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At ARC Physical Therapy, our physical therapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Continued inside.



CALL US TODAY!
630.326.4820

Continued from previous page.

Rather than a “one-size-fits-all approach,” we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

What to Expect at Your Physical Therapy Sessions

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your physical therapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at ARC Physical Therapy will provide the foundation for successful training while reducing future injuries and avoiding surgery!

Considering Physical Therapy? Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!



Apple, Goat Cheese, and Pecan Pizza

INGREDIENTS

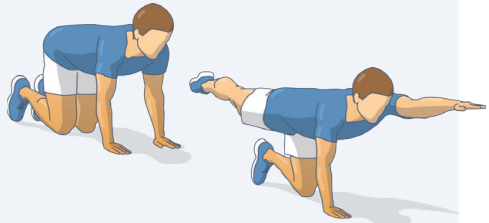
- | | |
|---------------------------------|--------------------------------|
| 1 lb six-grain pizza crust | 2 tsp Dijon mustard |
| Cooking spray | 1 tsp fresh lemon juice |
| 3 cups thinly sliced Fuji apple | 1 ½ tsp honey |
| 1 cup crumbled goat cheese | 2 cups baby arugula |
| 2 tsp chopped fresh thyme | 3 tbsp chopped pecans, toasted |
| 1 tbsp extra-virgin olive oil | |

DIRECTIONS: Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

HOME EXERCISE

BIRD DOG

Start on your hands and knees on a mat or table. Brace your abdominals and keep your back flat. Slowly raise one arm straight out in front of you while simultaneously raising your opposite leg back behind you until both limbs are straight and parallel with the ground. Lower them back down and repeat with your other limbs.



630.326.4820





THE ROLE OF SPORTS PHYSICAL THERAPY

Athletes often push their bodies to the limit to achieve their goals. This intense effort, or an unfortunate accident, can sometimes lead to injuries. Fortunately, with the right information and approach, many of these injuries can be avoided or effectively managed through physical therapy.

Here, we explore the most common sports injuries and how physical therapy can be a pivotal player in preventing surgeries.

Common Sports Injuries

First, let's discuss some of the most frequently encountered sports injuries. One of the main reasons for these injuries includes deceleration incidents, which put immense strain on muscles and ligaments, and sudden changes in direction, which can cause lower body sprains and strains.

In addition, inadequate or improper training methods, including insufficient warm-up and improper technique, elevate the risk of injuries. Overuse injuries (i.e., repetitive stress) frequently occur without proper rest, leading to complications such as tendonitis.

The top sports injuries are:

Ankle Sprains: Ankle sprains are common in sports involving running and jumping when the ligaments surrounding the ankle are stretched or torn.

Knee Injuries: Athletes are prone to knee injuries, which can involve damage to ligaments, cartilage, or other structures within the knee joint.

Shoulder Injuries: These encompass a range of issues, including rotator cuff tears and dislocations, often seen in sports that involve overhead motions like swimming or baseball.

Fractures: These involve breaks in the bones from a single, forceful incident or stress fractures (caused by repetitive stress).

Our physical therapists can guide you through preventive strategies to reduce your risk of sports injuries and promote a safer athletic environment.

Seek the Right Guidance

Physical therapy plays a significant role in helping athletes avoid surgeries and return to their optimal performance levels. Here's how:

By working closely with our skilled physical therapists, athletes can return to their favorite sports and sidestep any potential surgeries!

Call ARC Physical Therapy to schedule a consultation with one of our sports therapists!



Your goal to improve your health in 2024 is still achievable! If you're interested in learning more about how you can put your health first, contact ARC Physical Therapy today for more information on our **Medical Gym!**

Get back on track! Reach out to schedule your fitness assessment and consultation today!

Visit arc-rehab.com or call 630.326.4820.

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.

630.326.4820
ARC-REHAB.COM