

Professional Physical Therapy

VOLUME 4 ISSUE 1

FLU SEASON

Say it don't spray it

Flu season most commonly ranges in the United States between November and March. Now is the time to gear up for seasonal influenza and to make sure you understand all the talk about bird (avian) flu and pandemics.

Warning signs

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- stomach symptoms, such as nausea, vomiting and diarrhea.

How to keep yourself and other flu free

- Get your shot!
- Cover your mouth when you cough with your elbow or a handkerchief, not with your hands. Your hands will touch other surfaces and transfer the virus.

- Keep alcohol based hand sanitizer with you. If you aren't able to wash your hands with soap and water, hand sanitizer can kill flu germs.
- Avoid close contact with people who are sick and stay home when you are sick.
- Avoid touching your eyes, nose or mouth. The flu virus can infect you through these channels.
- Clean and disinfect surfaces or objects.
- Build up with healthy food and working out. Keeping good nutrition and exercise habits helps keep your immune system strong.

Link: <https://www.cdc.gov/flu/index.htm>

www.proptutah.com

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In This Issue

Flu Season

Injury Spotlight: Rotator Cuff
Winter Sports Conditioning

Success Stories
We Are Out There!

Injury Spotlight - Rotator Cuff

What: Your rotator cuff is comprised of 4 muscles that work together to “rotate” the arm at the shoulder and provide a supportive “cuff” around the joint. Injury to the rotator can occur due to an acute injury, chronic overuse, or gradual aging.

Signs and Symptoms

- Dull ache deep in the shoulder
- Trouble sleeping on the affected side
- Difficulty with overhead movements
- Weakness in the shoulder

Causes

- Repetitive overhead activity
- Heavy lifting over a long period of time
- Sharp rotation of the shoulder joint
- Lifting heavy objects in compromised positions
 - Reaching behind the passenger seat
 - Lifting an object off an overhead shelf
- Aging

Treatment

- If you suspect you may have a rotator cuff injury or are experiencing some of these symptoms, you should consult your Physical Therapist about treatment.
- Benefits of Physical Therapy include:

- Modalities to promote healing
- Stretches to lengthen and relax the tissues
- Strengthening exercises to protect against damage
- Education on how to prevent future occurrences of rotator cuff injuries.
- Depending on the severity of the injury, medical imaging may be necessary

Self-care

- Rest, ice, compression, elevation
- Ice for 15-20 minute intervals 3x/day
- Avoid overhead activities and other movements that aggravate the injury
- Taking over the counter anti-inflammatory drugs or using topical anti-inflammatory gels
- Visit our website at www.proptutah.com and ask us questions directly through our “Ask a Physical Therapist” link.

WINTER

SPORTS CONDITIONING

Along with the joy of the holidays comes the excitement and adventure of winter sports and activities. Snow gives us the opportunity for snowshoeing, skiing, snowboarding, and many more possibilities. With the anticipation of these activities, we often forget how hard they are on the body, and that we have been out of condition for the whole year. Here are some tips to get you back on the snow with a reduced risk of injury.

1. **Endurance:** Most snow sports are a full day event. Make sure you are prepared physically and mentally to work out for as long as needed. Don't forget to pack sufficient food and water for the event.
2. **Core strengthening:** As is common in most sports, rotation and activation through your core is going to be challenged throughout the majority of the activity. However, with most winter sports there is an added weight on your feet. Do not underestimate the added resistance that will require more effort from your core muscles.
3. **Hip mobility:** Similar to core, your hips are necessary for rotation and allowing movements between your legs and trunk. If your hips do not have enough mobility, your core will have to work over time.
4. **Muscle symmetry:** One of the most common imbalances in our muscles that leads to injury is the quad to hamstring comparison. Most people have stronger quads than hamstring and that can lead to knee injuries. One way to bridge that imbalance is step ups. Raising your leg up higher will force the glutes and hamstrings to engage more.
5. **Five great strengthening exercises to help with winter conditioning:**

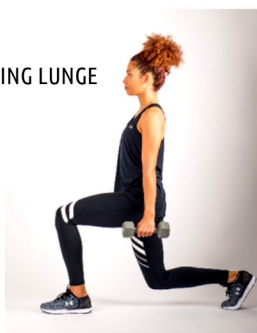
Further information can be found at:

<http://blog.mapmyrun.com/5-key-moves-pump-runs/>

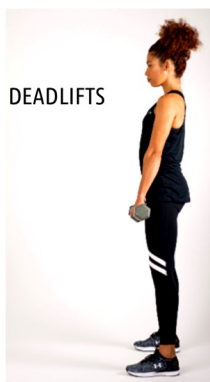
<https://www.mensfitness.com/training/pro-tips/why-and-how-you-should-work-out-weighted-vest>

<https://www.runtastic.com/blog/en/cardio/exercises-for-winter-sports/>

WALKING LUNGE



DEADLIFTS



BENT-OVER ROWS



SIDE-PLANK LEG LIFTS



HANGING LEG RAISES



Success Stories

"It has been great being here. Everyone is so nice and you feel they really care about you. They listen when you have problems and watch to make sure you are doing the exercises right. They work you well while being conscious of the pain. I've had a good time being here." **-Troy**

"I was very impressed with the service and support I received from Steve and all the staff. Everyone was personable and attentive to my needs. I will definitely come back again and recommend this place to others with injuries. Thanks for the help." **-Andrew**

We are out there!

Find us on the web at

www.proptutah.com

We keep updating and adding to our blog about activities and events that we and our patients are involved in. It's a lot of fun to follow what types of activities are scheduled, how our patients and employees are doing in their own hobbies and pursuits, and also what is coming up. We have multiple sports camps and activities coming up for athletes of ALL ages and for ALL sports! So continue checking out our website to see what's going on!

Also, you can follow us on Facebook, Twitter, and LinkedIn! Our goal is to use every outlet available to help keep you informed as to what is happening. This will help you stay in touch with more activities and events that promote injury prevention, good health, and FUN! You can also learn more about how YOU can get involved! We would love to have YOU be a part of our growing family promoting healthy and injury free participation in ALL sports and activities! Watch for upcoming camps and classes for various sports and injury prevention programs!

As you're preparing your children for fall sports, keep an eye on our blog for upcoming sports and agility camps.



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