


CONCUSSIONS BY THE NUMBERS

Professional Physical Therapy

VOLUME 5 ISSUE 4



A concussion is a mild form of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. Immediate consequences include headache, nausea, vomiting, blurred vision, fatigue, or unconsciousness. The most common causes of concussions are sports injuries (football, hockey, rugby, basketball, etc.), bicycle accidents, car accidents, and falls, but they can be caused by any violent movement or jarring of the head or neck.[1] People who suffer from concussions generally fully recover quickly. However, in some cases, symptoms can last for days or weeks, and in certain severe concussions, symptoms can linger for weeks or even months, due to a complication called post-concussion syndrome. Those who have already had one concussion seem more susceptible to having another.

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1. For about 9 in 10 people with concussions, symptoms disappear within 7 to 10 days.
2. At least 25% of concussion sufferers fail to get assessed by medical personnel Great Work Out: Mental Challenge:
3. Most cases of traumatic brain injury are concussions.
4. In the US, athletes suffer from roughly 300,000 concussions every year.
5. Loss of consciousness is thought to occur in less than 10% of concussions.

If you would like more information about prevention and treatment of concussions go to Proptutah.com.

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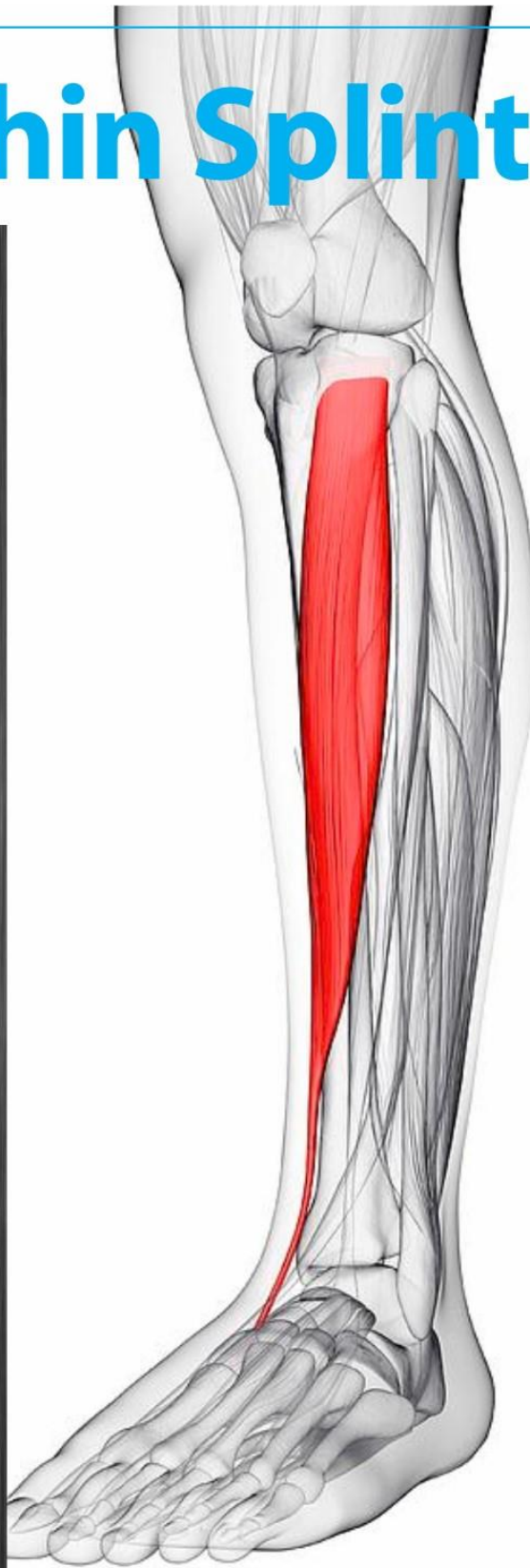
Injury Spotlight - **Shin Splints**

The start of the new school year means the start of fall sports and conditioning. With the increase of conditioning we also tend to see an increase in overuse injuries. Among those is the ever consistent group of injuries commonly referred to as shin splints. People from almost every walk of life have suffered this aggravating injury from high school football and volleyball athletes to the housewife or corporate executive who is trying to make the most of the beautiful fall weather running outdoors.

As we already know, shin splints is a diagnosis which tends to include a large group of ailments that have lower leg pain as their common symptom. The difficulty in properly treating and getting rid of shin splints is identifying the problem and not just the symptom itself. Lower leg pain can be caused from something as simple as an improper shoe fit or style that is inappropriate for the activity to a complex combination of flexibility and biomechanical factors.

At Orrock/Mendenhall Professional Physical Therapy and Sports Medicine we spend the time it takes to identify the primary cause of the problem while instructing patients in comprehensive program that helps them eliminate these symptoms while they can still enjoy participation in the activities of their choice.

To maximize your chances to optimal recovery from shin splints, often a physician will suggest you consult with us to evaluate and modify your treatment and exercises to meet your specific needs.



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Simple Ways to Eat a Healthy Diet



1. Choose a variety of foods from each major food group to ensure intake of adequate amounts of calories, protein, vitamins, minerals and fiber.

5. Select meals and snacks wisely and chose nutrient-rich foods within each group.

4. Combine foods from different major groups. For example, create a meal of (1) tortillas (grain group) and beans (meat and beans group), or (2) fish topped with fruit salsa served with steamed vegetables over pasta.

2. Choosing a wide range of foods also helps to make meals and snacks more interesting.

3. Adapt the meal plan to meet specific tastes and preferences. For example, a serving of grains doesn't only mean a slice of wheat bread. It can be wild rice, whole-wheat pasta, grits, bulgur, cornmeal muffins or even popcorn.

Success Stories

"We are a football family and have been to a couple different places for injuries. My son and I were so excited after receiving treatment from Karen yesterday. The whole staff was so kind and attentive. Every question we had was answered and they even sent us with a specific list of stretches needed so we wouldn't forget what to do. We were never left to sit alone wondering when someone would help us, as is the case at almost every doctor's office. I would recommended Orrock-Mendenhall to any athlete! We will definitely be referring friends and family."

- Alyssa

I love coming here. I tore my hamstring and they got me up and running with in a couple of weeks. The staff is amazing. Everyone is super friendly and the atmosphere is awesome. The environment is super clean. Very knowledgeable. - Ricardo

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We are out there!

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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!

Physical Therapy decreases full recovery time.

Injury	Recovery Time with Physical Therapy	Recovery Time without Physical Therapy
Neck Strains	2-4 days	4 weeks
Shoulder Tendonitis	2-3 days	8-10 weeks
Back Strains	2-4 days	4-6 weeks
Ankle Strains	1-3 days	2-4 weeks
Pulled Muscles	5-7 days	4-6 weeks
Shin Splints	1-3 days	4-6 weeks
Knee Sprains/Strains	7-10 days	6-8 weeks

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