

SPRING SPORT PREP GUIDE

Professional Physical Therapy

VOLUME 5 ISSUE 2

Training for your sport after a long winter hiatus can get you in the mood for some pretty extreme fitness challenges. Trying to make up for that lost time is actually more counter-productive than you think. The trick to making it back to your sport safely and not get caught in overtraining injuries, is starting slowly and giving yourself enough recovery aides. Here are some pointers to safely ease back in, while not losing any more time.

BASELINE MEASUREMENT

Take a baseline fitness assessment before starting spring sports. This measurement can help you gauge where you need work.

- ◆ Push up
- ◆ Sit up
- ◆ Squats
- ◆ Mile run time

WARM UP

Make sure you are getting a full warm up for all the muscles that will be used during your work out. This will help prepare them for the contraction and lengthening during exercise, and help prevent injury.

- ◆ Dynamic Stretching
- ◆ Light jog
- ◆ Exercise specific movements
- ◆ Hydrate

CROSS TRAIN

One of the most common reasons behind injury when training for sports is when someone focuses too much on a single activity. This laser-like focus puts a lot of pressure on muscles, joints, ligaments and other tissue without giving them a chance to repair and recover.

- ◆ Bike/swim instead of run
- ◆ Strengthen different muscles every other day

NUTRITION

One of the best ways to keep your body healthy and able to repair itself after workouts is eating healthy. Making sure you get enough nutrients can replenish your muscle stores and keep your systems running in tiptop shape.

- ◆ Full balanced meals and nutrient dense snacks
- ◆ Again. Hydration
- ◆ Enough protein and carbs to replenish after a workout

www.proptutah.com

OREM 1325 S 800 E, Suite #215 (801) 373-1053
ALPINE 155 W Canyon Crest Rd, Suite #100 (801) 756-7061

In This Issue

Spring Sport Prep Guide
Injury Spotlight - Plantar Fasciitis
5 Health Risks Lowered with Exercise
Success Stories
Benefits of Physical Therapy
We Are Out There!

Injury Spotlight - Plantar Fasciitis

Plantar Fasciitis is the inflammation of the thick tissue that connects your heel to the base of your toes and is one of the most common cause of foot and heel pain. Ignoring foot or heel pain may lead to injuries further up the chain such as calf, knee, and hip injuries.

Signs and Symptoms

- Stabbing pain in the bottom of your foot near the heel
- Pain is worse during the first few steps in the morning
- Pain/soreness after long periods of standing or walking
- Pain is worse after exercise, not during

Causes

- Repetitive loads on feet (running and walking for long distances)
- Unsupportive shoes
- Flat feet or high arches
- Obesity

Treatment

- If you suspect you may have plantar fasciitis or are experiencing some of these symptoms, you should consult your Health Care Provider/Physical Therapist about treatment.
- Benefits of Physical Therapy include:
 - Modalities to promote healing
 - Stretches to lengthen and relax the surrounding tissues
 - Strengthening exercises to protect against further damage
 - Education on how to minimize future knee injuries and maintain your recovery

Self-care

- Stretching and strengthening of both feet and calves
- Ice for 15-20 minute intervals 2-3x/day (especially after exercise)

- Make sure you have proper technique with exercises and other activities
- Wear supportive footwear
- Warm up before exercising
- Take over-the-counter anti-inflammatory drugs or use topical anti-inflammatory gels
- Visit our website at www.proptutah.com and ask us questions directly through our "Ask a Physical Therapist" link



Find us on the web at
www.proptutah.com

5 Health Risks That Are Lowered With Exercise

1. **Dementia:** As you age, the part of your brain associated with memory, learning and emotion shrinks. Exercise helps maintain the size of this portion of the brain, fighting off effects of dementia.
2. **Certain Cancers:** Exercise (150 min of moderate intensity, or 75 min of high intensity) helps strengthen the immune system and has shown to significantly decrease the risk of several types of cancer.
3. **Osteoporosis:** This disease affects 1/3 of women and 1/5 of men over the age of 50! Studies have found that weight bearing activities can increase bone mass density and fight off osteoporosis even in those who have already been diagnosed.
4. **Depression:** Studies have suggested that exercise (even just 1 hour a week) raises levels of neurotransmitters and hormones that promote increased feelings of well-being.
5. **Arthritis:** Activity helps keep our muscles strong, which in turn protects our joints from injury.

Are Your Knees Hurting with Walking?

Try these tips to get back out there:

- ALWAYS start with a warm up
- Invest in the right shoes
- Choose your walking surface carefully (softer, even surfaces are best)
- Increase your mileage gradually
- Try walking poles

Podcasts for all different styles of health

Try these tips to get back out there:

- Nutrition: Food Heaven Podcast
- Body image: Food Psych
- Sleep: Sleep With Me
- Yoga: From The Heart: Conversations with Yoga Girl
- Running: Ali on the Run
- Health news: TEDTalks Health
- Humorous fitness: The Dumbbells

Success Stories

"I hurt my shoulder over three years ago and could no longer do the things I loved. Within a month of doing physical therapy, I am back doing these things and feel better than ever. You were all so willing to help and have made a huge impact on my life." - Austin

"The whole staff at Orrock Mendenhall have been wonderful in guiding me through treatment healing and recovery. They clearly are brilliant at what they do. I highly recommend their services!" - Rick

We are out there!

Find us on the web at

www.proptutah.com

facebook. **Linked in.**



FOLLOW US AT
Orrock_Mendenhall_PT

Instagram

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

OREM 1325 S 800 E, Suite #215 (801) 373-1053
ALPINE 155 W Canyon Crest Rd, Suite #100 (801) 756-7061