

# BOULDERING

## SHOULD BE YOUR NEW GO-TO

# Professional Physical Therapy

VOLUME 5 ISSUE 3

Bouldering is a form of rock climbing that has become increasingly popular over the years. It can be done indoors or outdoors, and no harnesses or ropes are needed because you are only going up a short distance. Here are some perks that might draw you towards the sport:



1. **Less Cost:** Because no gear is required (other than good climbing shoes), there is not much investment necessary to get started.
2. **All Experience Levels Invited:** Basically you can start with very little knowledge of the sport and learn as you go. Most climbing gyms label their bouldering courses from V0-V11 (easy to hard) so you can start on some easy problems and work your way up.
3. **Great Work Out:** Bouldering is a full body workout and seriously challenges your core and arms.
4. **Mental Challenge:** Not only are you getting a physical workout, but you work out your mind too when you have to problem solve and figure out your route.
5. **Social:** Bouldering can be done in pairs, groups, or solo so when you go you can meet new people and make friends along the way!
6. **Availability:** With the growing popularity of the activity, more and more gyms are opening and making it much easier for people everywhere to go bouldering.

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# Injury Spotlight - Ankle Sprain

Summer months are the siren call for LOTS outdoor FUN!!! Unfortunately, with all the running and bounding around in parks, trails, soccer fields and tennis courts are the inevitable: ankle sprains. When you roll your ankle, the extra stress on the ligaments that support the bones of the ankle can stretch, and can even cause enough damage to sprain (tear) these ligaments. Sprains can differ in severity, but most commonly occur on the outside (lateral) ankle.

## Signs and Symptoms

- Pain, especially when you bear weight on the affected foot
- Tenderness when you touch the ankle
- Swelling/Bruising
- Restricted range of motion
- Instability in the ankle

## 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 an ankle sprain or are experiencing some of these symptoms, you should consult your Physical Therapist about treatment.
- Severe ankle sprains should be cleared by your physician to rule out possible fractures

## Self-care

- Rest, ice, compression, elevation, support
- Ice for 15-20 minute intervals 3x/day
- Non-painful mobilization of the ankle
- Take over-the-counter anti-inflammatory drugs or use topical anti-inflammatory gels
- Visit our website at [www.proptutah.com](http://www.proptutah.com) and ask us questions directly through our "Ask a Physical Therapist" link
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- Benefits of Physical Therapy include:
  - Modalities to promote and speed up the healing process
  - Stretches to lengthen and relax the surrounding tissues
  - Strengthening exercises to protect against damage and increase stability
  - Education on how to prevent future ankle sprains



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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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