

NEWSLETTER



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

2022

Don't Let Pain
Sideline You

Patient Spotlight

4 Health Benefits of
Spring Cleaning!



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. The most common sports injuries include:

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Albanese Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

The licensed physical therapists and physical therapist assistants at Albanese Physical Therapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.



Has Your Pain Come Back?

Don't hesitate to schedule an appointment to discuss your personalized treatment plan.

(724) 847-1200

DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term "weekend warrior" means a person who doesn't really train for what they are doing; they just go out and do it on the weekend.

HOW DO MOST INJURIES OCCUR?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

INJURIES INCREASE AS YOU AGE...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier." When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

BEFORE AND AFTER

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Albanese Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!

PREPARING YOUR BODY...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do coordination training
- Do strength training
- Do endurance training



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com



EXERCISE OF THE MONTH

DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. This exercise helps relax your whole body.



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FEEL BETTER BY EATING BETTER

TRAIL MIX

- 1 cup raw almonds
- 3/4 cup raw cashews
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2 tbsp unsweetened dried cranberries, chopped
- 2 tbsp vegan dark chocolate chips
- sea salt for taste

Chop any large ingredients if necessary to make everything about the same size. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better), or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container for up to 2 weeks.



PATIENT SPOTLIGHT

This month we would like to highlight a hardworking, determined young man. His name is Drey Hall and he is a freshman at Beaver Falls High School. He is part of the varsity football team, and his positions are running back and linebacker. In his spare time, he enjoys lifting and working out. His favorite foods are fried chicken and steak. His future plan is to attend a division 1 college and play in the NFL.

When asked why he chose Albanese Physical Therapy, he said, *"I started at another physical therapy company, and I fell way behind in my rehabilitation so my family, my doctor and I were not happy. My brother had prior experience with Albanese Physical Therapy and was very happy here, so he told me to come here. I like it here because I get personal attention and Rich pushes me to get better every visit. I am now a month ahead of schedule in my rehabilitation since I started coming here."*

4 HEALTH BENEFITS OF SPRING CLEANING!

1. ALLERGY SYMPTOM REDUCTION.

A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering dust mite allergies are the number one cause of bronchial asthma in the world. About 2.3 million Americans have been diagnosed with asthma. A 2014 study found that cleaning and decluttering your home can help you avoid allergy symptoms and make you feel more healthy.

2. CLEANLINESS PRODUCES HAPPINESS.

Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study found that having a clean home can improve your mood and reduce your risk of depression. Studies also show that doing housework for 20 minutes can reduce stress and anxiety by up to 20 percent.

3. BETTER HEART HEALTH.

If you're looking for an easy way to support your heart health, just 30 minutes per day of light exercise (including low-intensity physical activities like household chores, vacuuming, mopping, and scrubbing floors) can decrease your risk of heart disease by 24 percent.

4. DECLUTTER AND DO A GOOD DEED BY DONATING.

An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Sources:
ncbi.nlm.nih.gov/pubmed/19934011
parsleyhealth.com/blog/health-benefits-spring-cleaning



Get Your Life Back with Albanese Physical Therapy

Schedule your appointment to start living your life again, pain-free by scanning the QR code and visiting albanesephysicaltherapy.com

Staff is awesome and physical therapy was great! **Highly recommend!** Been here two times after my surgeries!

Y. G.

Google Review



FIND US

801 Fifth Ave
New Brighton, PA 15066

OUR HOURS

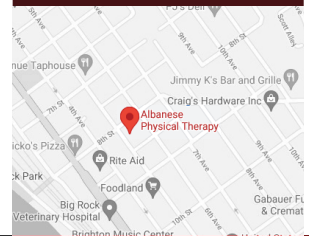
Monday & Tuesday: 8 AM - 5 PM
Wednesday: 8 AM - 12 PM
Thursday & Friday: 8 AM - 5 PM
Saturday & Sunday: Closed

CONTACT US

(724) 847-1200
rich@albanesephysicaltherapy.com
albanesephysicaltherapy.com



@ALBANESEPHYSICALTHERAPY



HAS YOUR PAIN COME BACK? SCHEDULE YOUR APPOINTMENT TODAY!

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