

The Advance Bulletin

The Newsletter About Your Health And Caring For Your Body



STAY IN THE GAME!

Tips for Preventing Avoidable
Injuries with Physical Activity

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Advance Physical &
Aquatic Therapy

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**WE ARE OPEN &
KEEPING YOU SAFE!**



**We are taking more than the necessary
CDC measures to keep the clinic safe for
your return to health.**

Stay In The Game! *Tips for Preventing Avoidable Injuries with Physical Activity*

No matter what type of physical activity you partake in, it is possible for injuries to occur. Whether you enjoy taking walks at night, playing sports on the weekends, or training for athletic trials throughout the week, it is important to make sure you are always being as safe as possible.

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness, caused by overusing the muscles, tendons, and ligaments. When the muscles, tendons, or ligaments are over-stretched, the tissues experience minor damage in the form of microscopic tears. This typically occurs when completing an exercise that the body is not used to, or exercising for the first time after a prolonged period of rest. The soreness may linger for a few days but usually goes away on its own. However, the severity of the damage determines how long the body will need to recover. For more information on how you can prevent severe injuries, contact Advance Physical & Aquatic Therapy today.

What Are Some Common Injuries?

At Advance Physical & Aquatic Therapy, our licensed physical therapists can guide you through proper exercises, stretches, movements, and body control, in order to prevent future injuries from occurring. Many injuries occur due to improper techniques or overexerting your body. Some of the most commonly sustained injuries include sprains, strains, and tendinitis.

Many people think "sprains" and "strains" are synonymous; however, they have one distinct difference. Sprains occur when a ligament is stretched beyond its limits or torn, while strains occur when a tendon is stretched beyond its limits or torn. Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to one another. Sprains and strains can both range from mild to severe, and even mild ones may take up to 6 weeks to heal. When they become more severe, braces or surgical correction may be necessary. This will require a longer recovery time, up to 8 weeks or longer, and physical therapy treatments will likely be prescribed.

It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity, as it is common for old sprains and strains to develop again in the future if they have not been properly rehabilitated.

Tendinitis is an overuse injury that causes the tendons to become inflamed. There are several reasons why tendinitis may occur, but whatever the case may be, we know that it has developed as a result of unnecessary amounts of strain. For example, some people may develop tendinitis in their shoulders or elbows because of improper posture. If the neck and back are not properly aligned, unnecessary stress is placed on other parts of the body. Movements in the shoulders and arms are altered as a way to compensate, causing increased strain on the tendons. Tendinitis can be corrected with physical therapy treatments, since PTs are trained in relieving pain, decreasing inflammation, and restoring you to your normal posture, motion, and function.

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How Can I Prevent These Injuries?

While it is always a wise decision to consult with a physical therapist, there are some tips you can implement into your personal life as well, in order to decrease your risk of sustaining an injury. These include:

- **Stretching.** This is one of the most important ways to prevent injuries. Your tissues require water in order to be elastic, and stretching helps to bring water into the tissues. This increases muscle flexibility and prevents them from becoming stiff or tight, thus decreasing the chances of them over-stretching and/or tearing.
- **Hydrating and eating nutritious meals.** Did you know that your body is over 70% water? Because of this, it requires water in order to remain supple and function properly. Without adequate water and nutrition, your body's tissues are more prone to over-stretching and injury. Make sure you drink the recommended 8 glasses of water a day, and always keep a water bottle with you when you are working out. If needed, you can also replenish your electrolytes with sports drinks, such as Gatorade.
- **Staying within your abilities.** It is important to train and practice for any physical activity you'd like to try. Start small in the beginning and build up from there.

For example, if you aren't used to running but you'd like to complete a 5k, don't start off with 3-mile runs. Begin with a half mile and slowly build up. When you push your body past its current limits, you make yourself more prone to injuries because your body is not prepared for the physical demands being asked of it. A physical therapist can help you understand the limits of your body and can create an exercise plan for you to reach your physical goals.

- **Using the proper equipment.** When engaging in any type of physical activity, it is important to make sure you have the right equipment. For example, running shoes, hiking boots, helmets, and more can help you avoid injury and stay safe while doing the activities you enjoy. They can make all the difference when it comes to preventing injuries.

What Should I Do Now?

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Advance Physical & Aquatic Therapy today. One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Teammate Spotlight: Helena & Patrick Esmonde

Co-founders of Vestibular First



Co-founded by Helena and Patrick Esmonde, Vestibular First has developed patent-pending infrared video goggles that are simple, universally accessible, and affordable to all vestibular rehabilitation clinicians, researchers, and educators, so that they can perform effective and efficient research, training, assessment, and diagnosis of vestibular disorders for patients with dizziness and vertigo.

Helping patients with vertigo, dizziness, and imbalance has been Helena's

passion for over 12 years, and as a neurologic board certified clinical specialist physical therapist who focuses on treating these issues, she feels strongly that having the right equipment for assessment is a key to success. Luckily, she is married to Patrick, who has a background in IT, engineering, and business. Together they have developed vestibular assessment technology that costs \$1500 instead of \$10,000 for other goggles on the market, so that more clinicians can access this technology



to the benefit of patients around the world. They estimate conservatively that with the current number of their Vestibular First research goggles already in use, their product has helped over a quarter of a million patients get a more accurate diagnosis for their conditions.

The next big step is to receive FDA clearance for their upgraded goggles, and they are hoping to achieve that before the end of 2020. Although this year has provided many challenges in regards to limited medical manufacturing supplies and changing regulatory requirements, they have recently submitted their 667-page S10(k) application to a 3rd party reviewer, which will help accelerate the FDA clearance process. Vestibular First is looking forward to developing other important technologies to support care of dizzy and imbalanced patients, including eye tracking software, treatment tools such as virtual reality-type balance games, and advanced assessment devices such as pediatric-sized and wireless style infrared video goggles. (Follow Vestibular First on Instagram, Twitter, and Facebook to keep track of all the latest updates.)

Helena Esmonde, PT, DPT, NCS, is proud to work at Advance Physical and Aquatic Therapy so she can continue to directly support top-notch vestibular and balance rehab every day, with the perfect mix of cutting-edge technology and personalized patient care!



WAYS TO IMPROVE FALL NUTRITION

- 1. Harvest Your Herbs.** Herbs tend to have higher levels of antioxidants and other phytonutrients than other types of vegetables. So even though we tend to eat them in relatively small quantities, herbs can add a lot of nutrition to foods.
- 2. Become A Soup chef.** Getting into the habit of making a big pot of soup every weekend is a great way to improve your nutrition all week long. If you're using a pressure cooker or slow cooker, they also need very little supervision while they are cooking.
- 3. Make a New Fermented Friend.** Probiotic foods help to promote the growth of helpful bacteria in your gut. Good gut bacteria can aid in digestion, nutrient absorption, and help you maintain a healthy weight.

Patient Success Story



“I couldn’t walk for more than a few steps. Now, I can walk multiple blocks without any problems. I could only lift 1 pound weights. Now, I can lift 5 pounds multiple times.”

“This was the best therapy I have ever experienced! The staff at Advance Physical & Aquatic Therapy is very friendly and polite which helped me stay motivated. I couldn’t walk for more than a few steps. Now, I can walk multiple blocks without any problems. I could only lift 1 pound weights. Now, I can lift 5 pounds multiple times. I have seen great improvement since my first day coming here.” – D. H.

*Do you live in Broomall, Pennsylvania?
Are looking for physical therapy closer to home?*

Our Broomall Clinic is Open for New Patients!

450 Parkway Dr. Suite A, Broomall, PA 19008

Call 610-544-8500 to schedule your appointment!

Exercise Essential

Try this movement if you are trying to strengthen your core.

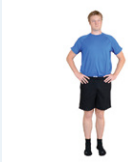
Healthy Recipe: Creamy Chicken & Wild Rice Soup

Helps To Build Strength & Stability



SIDE LUNGE

Stand with good posture. Lunge to the side. Keep back straight and your hip, knee and ankle aligned. Return to the start position. Repeat 10 times on each leg.



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- INGREDIENTS:**
- 2 tbsp olive oil
 - 1½ lbs boneless chicken thighs
 - 2 (8 oz) packages sliced mushrooms
 - 1 (32 oz) carton reduced-sodium chicken broth
 - 2 cups water
 - 1½ cups thinly sliced leeks
 - 1½ cups ½-inch sliced celery
 - ¾ cup uncooked wild rice
 - ¾ tsp salt
 - 1 (12 oz) package soft, tofu
 - 1 cup low-fat milk (1%)
 - ¼ cup all-purpose flour
 - 1 tbsp fresh thyme leaves



DIRECTIONS: In a 12-inch skillet heat oil over medium-high. Add chicken; cook 6 minutes or until browned, turning once. In a 6-qt. slow cooker combine chicken, mushrooms, chicken broth, water, leeks, celery, wild rice and salt. Cover and cook on low 6 hours or high 3 hours. Remove chicken from cooker. Coarsely shred chicken using two forks. If using low setting, turn to high. In a blender combine the tofu, low-fat milk, flour and thyme leaves. Cover and blend until smooth. Stir into mixture in cooker. Cover and cook 30 minutes more or until thick. Stir in shredded chicken.