

JULY 2024

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY



GET RELIEF FOR YOUR
SPORTS INJURY AND
**GET BACK
IN THE GAME!**

INSIDE: • Choosing the Right Exercises
for Your Warm-Up

910-604-6226



www.shorelineptnc.com



GET RELIEF FOR YOUR SPORTS INJURY AND GET BACK IN THE GAME!

Thomas was an avid high school soccer player with dreams of making it to the college level. He trained hard and played even harder, but one misstep during a match changed everything. As he lunged for the ball, he felt a sharp pain in his ankle and crumpled to the ground. The diagnosis was quick but disheartening: an ankle sprain.

Fortunately, at Shoreline Physical Therapy our therapists are skilled at identifying and treating all types of sports injuries. Our therapists will conduct a whole-body assessment to ensure we identify all the factors that may impact recovery and design our programs tailored to the individual.

Give us a call today to learn more about our programs and set up an appointment with one of our physical therapists!

Identifying an Ankle Sprain

At first, Thomas didn't know the severity of his injury. Like many, he thought he could just 'walk it off.' However, the key signs were there:

- Pain
- Swelling
- Difficulty putting weight on the foot

Ankle sprains occur when the ligaments that support the ankle stretch beyond their limits and tear. When Thomas landed awkwardly, he twisted his ankle in the process. Although ankle sprains are common in sports and often ignored, getting proper care is critical to quick recovery and reducing the risk of future injuries.

Unfortunately, too often, athletes don't want to miss out on competing and "play through" injuries. Ankle sprains, in particular, are susceptible to recurrent sprains, especially when not properly rehabilitated.

The Road to Recovery

Thomas's journey to recovery began with a visit to Shoreline Physical Therapy. He was evaluated by one of our skilled physical therapists and given guidance on how to recover quickly and get back into the game!

Initial Steps

Initially, Thomas's therapy focused on reducing his pain, eliminating his swelling, and restoring his mobility. This involved:

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M.I.C.E (Move, Ice, Compression, Elevation): This simple method is crucial in the early stages of an ankle sprain. Thomas learned to keep moving his ankle, apply ice to reduce pain and use compression with elevation to reduce the swelling.

Building Strength and Stability

Once the swelling reduced, Thomas's therapy shifted gears towards rebuilding strength and stability. This phase included:

Strengthening Exercises: Thomas worked on exercises to strengthen the muscles around his ankle. These included toe raises and resistance band exercises.

Balance Training: To regain stability, Thomas practiced balancing exercises. This was crucial to prevent future sprains.

Regaining Functionality

The final phase of Thomas's therapy centered on getting him back to his pre-injury level and back on the field. This involved:

Functional Training: Thomas gradually returned to activities that mimicked soccer movements.

Sport-Specific Drills: As he regained strength, sport-specific exercises were introduced to prepare him for returning to soccer.

Through his recovery, Thomas also learned how to perform sport-specific warm-ups, the importance of sleep, and regular conditioning to prevent injuries.

Embrace The Recovery Blueprint and Get Back in Action!

Thomas's story is a reminder of the importance of addressing sports injuries with the guidance from our team at Shoreline Physical Therapy. **Take the first step in healing your ankle sprain and returning to the sport you love by calling today to schedule an appointment!**

CALL US TODAY
TO GET STARTED!

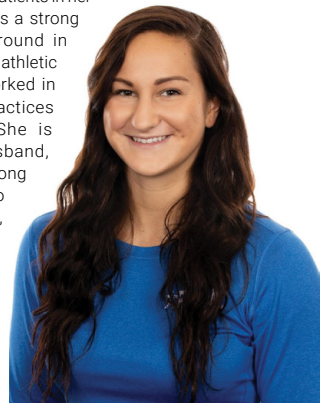
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Welcom to the Team, Kristin!

We are excited to announce a new member of our clinical team. Kristin Minott joined our team in July as a full-time Physical Therapist Assistant. She has jumped right in and provided excellent care to our patients in her time here. Kristin has a strong educational background in exercise science and athletic training and has worked in physical therapy practices for many years. She is married to her husband, James, and enjoys long runs with her two dogs, weight training, and beach time.

Please join us in welcoming Kristin to our Shoreline Team!



CALL 910-604-6226

Naturally Relieve Your Aches & Pains Today With Our Free Ebooks!

Looking for ways to relieve your pain before seeing one of our physical therapists?

Download our FREE

Ebooks today!



Scan the QR code to download a free Ebook for tips that can help you feel better today.

CALL US TODAY IF YOU ARE EXPERIENCING ANY PAIN AT 910-604-6226

Choosing the Right Exercises for YOUR WARM-UP

One important way to prevent injuries is by warming up before engaging in any physical activity. But what exactly does that mean? What exactly should you do as your warm-up?

The idea behind warming up is pretty simple: it prepares your body for more intense physical activity. You move just enough to increase your heart rate and blood flow, which provides additional oxygen to your muscles so they're primed to start working. You also guide your joints and muscles through their range of motion so they can accommodate more intense movements.

A good warm-up should consist of light aerobic exercises combined with dynamic stretches that mirror whatever activity you're about to perform. One easy trick is to perform less intense versions of later movements:

- If you're lifting weights, perform the same lifts but with much lower weights (or no weight at all)
- If you're going for a run, try a light jog or a fast-paced walk
- If you're playing pickleball, do some side steps around the court combined with some arm swings

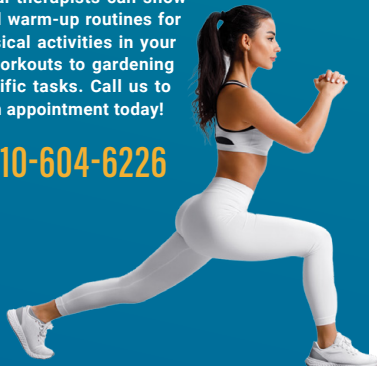
However, more general dynamic stretches work well, too. Here are some movements that can work well as warm-ups:

- Walking lunges and rotating right and left while lunging
- Walking butt kicks and straight leg kicks (Frankensteins)
- Deep squats with overhead reaching
- Simple Yoga flows (such as sun salutations)

Call Shoreline Physical Therapy for More Warm-Up Tips

Our physical therapists can show you tailored warm-up routines for all the physical activities in your life, from workouts to gardening to job-specific tasks. Call us to schedule an appointment today!

CALL 910-604-6226



Our Patients Get Great Results!



"The staff is extremely professional and at the same time personable. **My experience went extremely well!** Thank You."

— Frank

Share Your PT Success Story



You might just be the inspiration for someone else to get the help they need. Just scan the QR Code to leave us a review.

FREE CONSULTATION

Not sure if physical therapy at Shoreline Physical Therapy is right for you?

We offer a free consultation to see if we would be a good fit for you!

Give us a call at **(910) 604-6226**
or visit us online at
www.shorelineptnc.com
to schedule your appointment!

