

NEWSLETTER

STRATEGIES TO PREVENT SURGERY FOLLOWING SPORTS-RELATED INJURIES



INSIDE:

AUGUST 2023

**MOST COMMON
SPORTS INJURIES**

**HEALTHY
RECIPE**

**PATIENT
SUCCESS**

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INSIDE:

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HEALTHY RECIPE



Avocado Coconut Pops

- 2 tbsp sugar
- 1 cup canned unsweetened coconut milk
- 2 ripe avocados, pitted and peeled
- 2 tsp vanilla extract

In a blender, pulse the sugar and coconut milk until sugar is dissolved. Add the avocados, vanilla, 3 tbsp water, and a pinch of salt. Purée until smooth. Divide mixture among 6 ice pop molds and insert sticks. Freeze until solid. Enjoy!

Did you twist your knee during practice or hurt your shoulder, throwing too many pitches, and now you're worried you may need surgery? Sports injuries are common, no matter the level of the athlete, and getting the right care makes all the difference. At McCabe and Brady Physical Therapy, our therapists get results, and we'll work to eliminate the need for surgery and to keep you on the field or get back on the court!

The frequency and type of sports injuries can vary depending on your specific sports or preferred activities. Athletes are susceptible to injuries related to training mistakes and also accidents in the heat of competition. There are even some people who have just started participating on a recreational level that suffer injuries due to a lack of conditioning or overexertion.

Regardless of your level of athleticism, our team of physical therapists can help! We excel at knowing how to address an injury, minimize the need for surgery, and prevent future injuries. Our sports physical therapists will get you back to playing the game you love!

Call McCabe and Brady Physical Therapy today to make an appointment!

COMMON SPORTS INJURIES: SPRAINS AND STRAINS

Most sports-related injuries affect the soft tissues—muscles, tendons, cartilage, and ligaments. Of these, sprains and strains are the most common. Depending on the severity of these injuries, they can significantly limit an athlete's ability to compete.

Sprains: A sprain is an injury to a ligament, the tissue that connects bones to each other. They occur when a joint is forced out of its normal range of motion, resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

Symptoms can typically include pain, swelling, bruising, and a reduced range of motion in the joint.

Strains: A strain, on the other hand, is an injury to a muscle or tendon, the tissue that connects muscles to bones. This can occur when a muscle is pulled or torn, often due to overuse, fatigue, or improper use of a muscle. Strains often occur in the back muscles or leg (i.e., hamstring or groin) and are due to non-contact injuries, such as those that arise from overstretching. Symptoms can include muscle spasms, weakness, swelling, and pain at rest or when the specific muscle or joint is used.

While sprains and strains have similar symptoms, the key difference lies in the structure that is injured. If you suspect you have either a sprain or strain, it's important to seek help from our highly skilled therapists. We'll help ensure you get proper treatment and achieve a full recovery.

HOW PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Recognizing an injury can be challenging, so visit our clinic if you just suspect one! We'll start with an in-depth injury evaluation to determine whether intervention is necessary. Spotting injuries early on lets us embrace an 'active recovery' approach, helping you get back in the game quicker and more effectively than simply waiting on the sidelines (passive recovery).

Continued inside

Physical Therapy's Healing Touch!

Continued from outside

Your physical therapists will design a personalized exercise regime to hasten your return to sports but also act as a shield against surgery and future injuries. Even if you're nursing an old injury, don't ignore it - let our physical therapists assess it to prevent lasting damage.

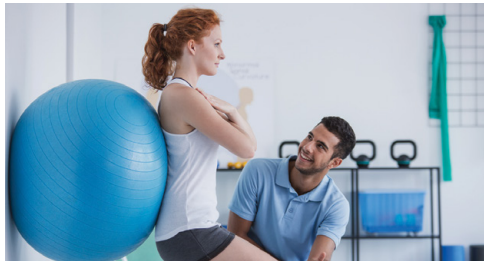
The foundation for our success is in our construction of a recovery blueprint that tackles pain, restores mobility, and strengthens weak areas. We'll also implement sports-specific methods, including tools to correct posture, movement patterns, and motor control, that ensure the body functions at optimal levels, lowering the chance of surgery and helping prevent future injuries.

Our physical therapists are up to date on the most advanced strategies to help athletes recover from any injury, avoid surgery, and help prevent athletes from injuring themselves in the future!

BOOK AN APPOINTMENT TODAY!

Our team at McCabe and Brady Physical Therapy is dedicated to helping you avoid surgery and keeping you in the game!

Call today for a comprehensive assessment and treatment program.



CONTACT US FOR AN APPOINTMENT

At McCabe and Brady Physical Therapy, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.



“

I had a wonderful experience at McCabe and Brady in New Britain. Lauren, my physical therapist, assisted me in working through my pain. She prescribed stretches and exercises for me that over time relieved the pain I had for years. The expert therapists and supportive staff at this office are patient, kind, and committed to working with me and the other patients they serve. -B.F.

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We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smart phone and leave a review for our practice to help us connect with the community!

WARMINSTER



IVYLAND



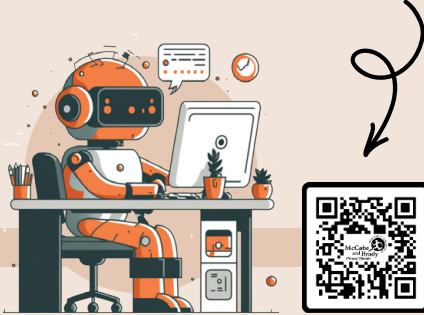
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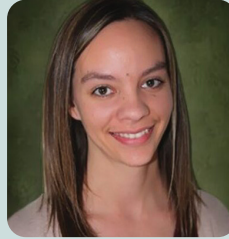
Check Out Our Blog

Your health is an investment, not an expense! Scan the QR code to stay up to date on our health and wellness blog to learn more about how you can improve your quality of life through some quick and easy reads.



Staff Spotlight

Lauren Suchanick
DPT, CERT. MDT



Lauren received her Doctor of Physical Therapy degree from Daemen College in Amherst, NY. Her undergraduate degree was a Bachelor of Science in Natural Science with minors in Biology and Psychology. Throughout her clinical experiences, Lauren worked closely with patients with a broad scope of orthopedic injuries including spinal, extremity, work and motor vehicle accident related, athletic, and post-operative conditions. Lauren has extensive experience using Mechanical Diagnosis and Therapy for evaluation and treatment of the spine and extremities, and has been certified in this method through the McKenzie Institute.

6 Healthy Diet Tips For Summer

- 1. Swap out snacks for fruits and vegetables.** Consume at least 5 portions of a variety of fruits and vegetables daily. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.
- 2. Replace steak with fish.** Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish into your diet every week.
- 3. Reduce your saturated fat intake.** Too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease. Examples of food high in saturated fat includes fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.
- 4. Cut down on sugary drinks.** Drinks high in sugar contribute to obesity and tooth decay. Try opting for a cool, refreshing glass of water instead, or a tasty fruit smoothie!
- 5. Drink enough water.** Proper hydration is always important, but even more so during hot weather. You should aim for 6 to 8 glasses of water a day.
- 6. Don't skip breakfast.** A healthy breakfast sets the tone for your day and gives you the energy you need to make it to lunch!



COME BACK TO PT!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

Warminster
215.774.6203

Ivyland
215.874.6561

New Britain
267.281.8039

Or request an appointment online at
mccabebradypt.com

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