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*The Newsletter About Caring for Your Health*



# STAY IN THE GAME!

How you can Avoid Surgery  
After A Sports Injury

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## STAY IN THE GAME!

### 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 kneecap 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 Soleil 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 Soleil 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.

# 隨時隨地暢享運動的樂趣！

## 如何能夠避免運動損傷之後遭受手術

運動是健康生活方式的重要組成部分。對於大多數人來說，進行體育運動是燃燒多餘卡路里、參加社交活動和保持身體健康的有趣方式。遺憾的是，這也意味著偶爾會發生運動損傷或者舊傷或舊病復發。

即使您不是專業的甚或業餘的運動員，也依然會發生運動損傷。實際上，許多時候，那些容易發生運動損傷的人往往是剛剛開始運動或者參與休閒活動的人。本文中提及的運動損傷指肌肉骨骼系統發生的損傷，涉及肌肉、骨骼和組織（比如軟骨）。最常見的運動損傷包括：

**扭傷：**扭傷指連接兩塊骨骼末端的結締組織被拉伸或者撕裂。這些結締組織稱為韌帶。當身體跌倒或者遭受撞擊而致使關節錯位時，所產生的外傷會導致扭傷。腳踝、膝蓋和手腕最容易發生扭傷。但是，後背、頸部和肩膀扭傷也很常見。

**拉傷：**當肌肉或肌腱被拉伸、撕裂或扭轉時，會發生拉傷。拉傷屬於非接觸性損傷，比如由於過度拉伸導致的損傷。一種常見的拉傷是肌肉痙攣。背部或頸部拉傷是採用理療進行治療的一種非常普遍的損傷。

**膝關節損傷：**根據美國衛生與公眾服務部的資訊，膝關節是最容易受傷的關節。骨科醫生每年接待550多萬名膝關節損傷患者，其中不乏患有膝關節損傷（膝關節前側靠近膝蓋骨處疼痛或觸痛）、肌腱炎和髌胫束摩擦症候群（膝關節外側疼痛）的跑步者。嚴重的膝關節損傷通常包括骨挫傷以及軟骨或韌帶損傷。

**脛骨骨膜炎：**當小腿迎面骨（稱為小腿骨或脛骨）疼痛時，會發生脛骨骨膜炎。跑步者，尤其那些剛剛開始跑步訓練的人，最容易發生脛骨骨膜炎。這種情況通常由於身體協調性差或者腿部肌肉力量薄弱導致。

在陽光理療中心，專家團隊可治療多種矯形外科損傷和重複運動損傷，無需實施侵入性手術或者進行藥物處理。實際上，大多數醫生在向患者推薦其他手術之前會首先嘗試採用理療。

在陽光理療中心，持證理療師和理療師助理會針對您本身特有的肌肉骨骼系統定制方案，使其機能快速恢復，讓您重現滿滿活力。即使您的身體只是存在舊傷，由我們的理療師對其進行評估也至關重要，從而可以防止出現關節炎等長期損傷。如果您的身體發生運動損傷或矯形外科損傷，比如肌腱炎、關節炎、應力性骨折或下腰痛，我們的理療師會為您制定相應的治療方案，提高改善後的機能，促進身體健康，以及降低再次受傷的風險。

沒有什麼比迎接新挑戰、參加一項新運動或活動更讓人興

奮。對於我們大多數人來說，實現健康目標的興奮是我們所熱切盼望的。但是，您準備好了嗎？“週末戰士”指那些並非真正為了保持自己的工作狀態而進行鍛煉的人，他們只是在週末出去鍛煉。

大多數損傷是怎樣發生的？

大多數運動損傷發生在那些準備不夠充分的人身上，他們在開始活動之前並不首先進行力量、耐力和柔韌性的提升。身體的肌肉、肌腱、韌帶和其他組織需要熱身才能發揮正常的機能。在跑步和體育活動過程中，它們能夠承受巨大的應力。因此，如果不處於最佳狀態，會非常容易受傷。

損傷隨著年齡的增長而與日俱增 ...

您回想一下自己十八九歲的時候，當時全力衝刺對於您來說小菜一碟，隨時抬腿就可以凌空飛躍和做很多動作。隨著年齡越來越大，您身體組織的靈活性變得越來越差，實際上有點“變幹了”。當您的肌肉、肌腱和韌帶組織擁有足夠的水分時，它們靈活而富有彈性，讓您可以做很多活動。及時為身體補充水分，經常進行拉伸活動，從而保持肌肉彈性十足。

之前和之後

瞭解健身活動所需的正確熱身運動非常關鍵。我們的理療專家擁有多年的損傷修復經驗，幫助您擺脫疼痛困擾，重新享受自己喜歡的活動。一些人可能還不知道，理療師還會根據您的需求制定專門的鍛煉計畫，防止發生損傷。如果您在活動過程中已經開始感覺到疼痛，陽光理療中心能夠幫助您擺脫疼痛困擾，重新享受活動的樂趣。今天就致電諮詢吧，瞭解更多有關我們的方案如何幫助您感覺神采飛揚！

熱身 ...

體育運動、健身和許多其他身體活動對於保持身體健康和心情愉快非常重要。稍作一些熱身活動，您即可輕鬆進行以下運動，同時降低受傷的風險。

- 經常進行拉伸運動
- 進行力量訓練
- 進行協調性訓練
- 進行耐力訓練

您想要擺脫關節炎疼痛嗎？那麼，今天就和我們的一位理療專家聊聊吧。致電617-376-3232，向我們諮詢！我們會幫助您重返毫無病痛的積極生活方式！

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, Soleil Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more about 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 of injury.

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

***Are you ready to live free from arthritis pain? Then talk to one of our physical therapy specialists today. Contact us today for a consultation at 617-376-3232! We will help you return to a pain-free and active lifestyle!***



## Shannon Paisley

**Office Manager**

Shannon received her degree in Kinesiology with a concentration in Exercise Science from California State University, Long Beach. She has over 10 years of experience in customer service and has been volunteering and working in physical therapy settings since 2013.

In her spare time, Shannon enjoys reading, traveling, and spending time with her family.

## Patient Success Spotlight

*"I really appreciate the great service I received from Soleil Physical Therapy, the staff are very nice, and the PT's are helpful and encouraging. Great place to go for wellness!" — Carla F.*

## Exercise Essentials Relieve Pain In Minutes!



### PRONE ON ELBOWS

Lie on your stomach, hands beside your shoulders. Push with your arms up onto your elbows. Hold for 10 seconds then return to start position. Repeat 8 times.

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