



How Physical Therapy Can Help You **GET READY FOR FALL SPORTS**

Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At Soleil Physical Therapy, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

How Physical Therapists Help Athletes Prepare for Fall Sports

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

Injury Prevention with Physical Therapy

One significant aspect of physical therapy at Soleil Physical Therapy is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

HOW PHYSICAL THERAPY HELPS PREVENT INJURY AND ENHANCE PERFORMANCE



In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to being sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

Request an Appointment at Soleil Physical Therapy Today

At Soleil Physical Therapy, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!



[Click to Schedule an Appointment Today!](#)

Sources: <https://delfamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>; <https://link.springer.com/article/10.1007/s40279-019-01232-4>

PREPARING FOR FALL SPORTS

Watch Qui Trinn, DPT and NSCA Certified Strength and Condition Specialist (CSCS), outline his program to help fall athletes prevent injuries and enhance performance by increasing strength and conditioning.

Click to watch Qui's video!



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FALL SPORTS & HYDRATION FOR YOUNG ATHLETES

Warm humid weather and intense high school sports practices lead to a lot of sweating and risk of heat exhaustion or more serious heat stroke. While hydration may not be at the top of the list for a successful athletic performance, it should be.

Tips to Prevent Dehydration

- Athletes cannot simply rely on thirst to maintain hydration. Instead, a schedule for hydration before, during, and after practice or games may be more helpful.
- Weighing the athlete before and after the practices, since proper hydration will show no or minimal weight change from practice.
- An example hydration schedule for a high school athlete could be drinking 16 ounces of fluid two hours before physical activity, drinking another 8-16 ounces 15 minutes before physical activity, and during physical activity, drinking 4-8 ounces every 20 minutes. After physical activity, drinking 16-24 ounces of fluid for every pound lost during physical activity.
- Athletes will continue to lose fluid after practice as they continue to cool their core body temperature and urinate. Using urine color as a measure for hydration status can be really helpful. Bold yellow urine to dark yellow or apple juice colored urine signifies dehydration. Athletes should aim to start every practice fully hydrated.

<http://caloriecontrol.org/fall-sports-and-hydration-for-young-athletes/>



Natural Hydration!

Homemade Electrolyte Drink

- 1 cup coconut water
- 1 cup filtered water
- 1 tablespoon raw honey
- Juice of 1 lemon or 1 1/2 limes
- 1/8 teaspoon sea salt

Add all of the ingredients into a blender and blend until combined. You can also stir everything together in a large mason jar.

<https://coconutsandkettlebells.com/diy-natural-electrolyte-drink/>

SUCCESS STORY

“The best PT ever! This place is SUPER good. Qui was amazing; his education and patience is out of this world! The office is clean and relaxing! There’s no better place to go. Just go to Soliel PT — that’s all you will need to get better!” — Naquana D.

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WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ REVIEWS



Call today to schedule an appointment!

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Therapy Hours:

Monday - Friday: 8 AM - 7 PM
Saturday: 8 AM - 4 PM