

# NEWSLETTER

June 2022

## AGILITY PHYSICAL THERAPY

Experience the Difference

### STAY INJURY-FREE BY COMING BACK TO PHYSICAL THERAPY

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Agility Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

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. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Agility Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

Call today to schedule an appointment with one of our experts!

#### ***How to tell injury from normal aches & pains***

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe

pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- 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 the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. 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.

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# How Physical Therapy Helps Prevent Injuries

Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results. In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Dynamic warm-ups (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. Hydration is essential for recovery and injury prevention.
6. Stay within your abilities. It is vital to train and practice any physical activity by starting small and building up from there.
7. Use the proper equipment. Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

## ***What to expect in physical therapy***

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

## ***Contact us today***

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 Agility Physical 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!

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Sources:

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SCAN ME

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**FREE SPRING-READY  
CONSULTATION**

**VENICE: (941) 484-8107**

**SOUTHBRIDGE: (941) 244-2410**

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**START OFF THE SEASON RIGHT BY  
SCHEDULING A FREE 20 MINUTE  
TELEHEALTH APPOINTMENT**

*Offer valid for the first 25 people to schedule. Expires 06-30-22*



# Under The Moon 5k

Come for the race, stay for the party!

**June 3<sup>rd</sup> 2022 | 8 PM**

Race starts at: 4901 N Cranberry,  
North Port FL

Agility is sponsoring this event and  
will have multiple staff members at  
event.



## Patient Success Spotlight

*"Sean, David, and Ronda, Thank you for making PT something  
to look forward to. I will miss you guys." - Nancy C.*

### Healthy Recipe: Watermelon Feta Salad



- 6 cups cubed watermelon
- 1/2 red onion, chopped
- 1/2 cup feta cheese
- 1/3 cup fresh mint leaves, chopped
- Balsamic vinegar or balsamic glaze, optional

**Instructions:** In a large bowl combine cubed watermelon, red onion, feta, and mint. Stir until ingredients are well combined. Drizzle lightly with balsamic vinegar or glaze, if using. Serve chilled.



**Sean Ellis, Clinical Director, DPT, PT**

Sean attended Ramapo College of New Jersey attaining an undergraduate degree in Biology in 2014 where he competed in track and field at the NCAA level. In 2019 Sean graduated from Florida Gulf Coast University with his Doctorate in Physical Therapy. Sean's experiences range from inpatient intensive rehabilitation focusing on post-surgical and neurological disorders to sports rehabilitation for all ages. His rehabilitation focus is on back/neck injuries, sports rehabilitation and conditioning, and geriatric functional conditioning.

## IT'S NATIONAL SAFETY MONTH

Individuals participate by making efforts to reduce the leading causes of unintentional injury and death at work, on the road, and in homes and communities.

# Exercise Essentials

## RICE Method

**Rest:** Avoiding use of the injured area.

**Ice:** Applying ice packs or bags of frozen vegetables to the area, without them touching the skin directly.

**Compression:** Wrapping the injured area with an elastic bandage to provide support, reduce blood flow, and limit swelling.

**Elevation:** Keeping the area raised above the level of the heart to reduce swelling.



**CALL TODAY! 941-484-8107**