

# NEWSLETTER

**AGILITY**  
PHYSICAL THERAPY  
*Experience the Difference*



## ***HOW PHYSICAL THERAPY HELPS PREVENT INJURIES***

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!

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# HOW TO TELL INJURY FROM NORMAL ACHES AND 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 in 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.

**SCHEDULE YOUR FREE  
PAIN SCREENING**

**VENICE: 941.484.8107**  
**SOUTHBRIDGE: 941.244.2410**

**AGILITY**  
PHYSICAL THERAPY  
*Experience the Difference*

**CELEBRATE HEART HEALTH  
MONTH BY SCHEDULING A FREE  
20 MINUTE APPOINTMENT**

*Offer valid for the first 25 people to schedule.*

# 7 EASY WAYS TO PREVENT INJURIES ON YOUR OWN

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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!

# NEW CLINIC LOCATION

We are proud to announce that due to our remarkable growth in the Venice area, Agility will be opening our third location in June! We're the official physical therapy clinic of Wellen Park and will continue to offer the same friendly smiles and services.

Come See Us!



## SPRING VEGETABLE TART



### INGREDIENTS:

- 2 sheets puff pastry
- 1 egg, lightly beaten
- 5 oz vegetable dip
- 6 baby zucchini, halved
- 3-4 yellow squash, thinly sliced with a mandoline
- 1 bunch asparagus, thinly sliced lengthways with a mandoline
- 1 1/2 c goat's cheese
- Extra virgin olive oil
- Balsamic vinegar glaze
- Mixed herbs, to serve

**INSTRUCTIONS:** Preheat oven to 395°F. Line a large baking tray with baking paper. To make tart case, place pastry sheets side by side on the lined tray. Brush egg wash along the long edge of one sheet, then overlap with the other by 2 cm to create a large single sheet. Fold and pinch all four sides to make a 2 cm border, pushing down to seal. Brush border with egg wash. Using a fork, prick the base of the tart all over. Place in oven and bake for 20 minutes, until golden. Remove from oven and spread base of pastry with dip. Meanwhile, place vegetables in a large bowl. Pour boiling water over vegetables, steep for 1 min to blanch, then drain and pat dry with kitchen paper. Scatter vegetables over tart and crumble over goat's cheese. Drizzle with oil and vinegar glaze. Serve with mixed herbs.

# STAFF SPOTLIGHT

## WENDY CEKO, PT



Wendy attended Governors State University, just outside of Chicago. She graduated with a Bachelor in Psychology in 2004 and a Master of Physical Therapy in 2007. She has spent most of her profession serving the Chicagoland area and recently relocated to Venice Florida. Her career has focused in the outpatient orthopedic setting treating surgical and non-surgical injuries, sports and work-related injuries, geriatrics, cervical, lumbar, and chronic pain. In her free time, Wendy loves practicing Pilates, enjoying nature, and traveling with her family.

## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

By ensuring you are staying on track with your physical therapy appointments, you will stay on the road of better health and wellness. Consistency is incredibly important in order to achieve the results you want. Can't make it to your appointment? We can also bill your insurance for telehealth and virtual visits! Contact us today with any questions or to schedule your next appointment!

## PATIENT SUCCESS



*"I first received care at Agility over 15 years for a severe knee injury. I have used them since then for rotator cuff surgery on my right shoulder and, most recently, for issues with my left shoulder. In every instance - no matter that the practice is much larger now than in 2006 - I've always been treated with friendliness, kindness and absolute wonderful & knowledgeable care. Every DPT, PT & PTA that I have worked with has been phenomenal. Highly recommend Agility!" – L.V.*

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