

IDAHO SPINE & SPORTS  
**PHYSICAL THERAPY**

HOW YOU CAN AVOID SURGERY  
**AFTER A SPORTS INJURY**

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Has your pain come back?  
Call Idaho Spine & Sports Physical Therapy today or visit [www.SpinePT.com](http://www.SpinePT.com)

# 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 Idaho Spine & Sports 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.

Pool workouts after an athletic injury have been clinically proven to be an important part of the recovery process. Rehabilitation using aquatic therapy for athletic injuries can help contribute to the following patient outcomes:

- Faster healing with early joint movement
- Increases mobility and strength
- Maintain fitness levels
- Decreases swelling
- Pain relief
- Removes weight from joints and bones

**Book An Appointment Today!**

# Don't Let Pain Sideline You

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, Idaho Spine & Sports 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 for injury.

- Do stretching often
- Do strength training
- Do coordination training
- Do endurance training



## We've Been Vaccinated!

We're happy to share that all of our physical therapists are fully vaccinated against Covid-19! This doesn't mean we will be lax in our safe practices. Our hypervigilance to keep a clean and healthy environment as recommended by the CDC will remain in place to keep each and every one of you safe and comfortable. To learn more about what our clinic is doing to prevent the spread of COVID-19 as well as treat patients suffering from painful side effects, contact our office today!

## Get Your Life Back with Idaho Spine & Sports

Make an appointment today to start living your life again, pain-free!

### Meridian Location

(208) 286-2707

### Boise Locations

(208) 939-0533

### Fax Number

(208) 939-3341

### Clinic Hours

Monday - Friday | 7AM - 7PM



# Tips For Planting A Potted Herb Garden

As the weather begins to warm up, we are all looking for fun activities to get us out of the house while still remaining safe and following CDC guidelines. At Idaho Spine & Sports Physical Therapy, we are dedicated to helping you find activities that you enjoy that'll get you moving and out in the sunshine!

One spring activity we think you may enjoy is planting a potted herb garden. Follow our tips below or contact our clinic for more info on how you can enjoy the spring while still protecting yourself!

**1. Discover what herbs will work best for you.** Do you find yourself frequently cooking with certain herbs? Instead of making another trip to the grocery store, you can grow them right in your backyard! Figure out what herbs you will use the most and notice how convenient it is to have them growing right outside your home.

**2. Make sure you have enough room for each herb to grow and thrive.** A common mistake when planting a garden is not allowing enough room for plants to grow. Most herbs require a diameter of 1-4 feet in their pot to allow the roots to grow and spread. A general guideline for common herbs is as follows:

- 1 foot in diameter: chives, cilantro, parsley, dill
- 2 feet in diameter: summer savory, thyme, basil, tarragon
- 3-4 feet in diameter: sage, mint, rosemary, marjoram, oregano



**3. Make sure your herb garden is in the right light.** For best results, herbs generally prefer full, bright light, as long as temperatures are not too hot that they burn the plant. If temperatures reach above 90 degrees in the summer, then it is best to plant your herb garden in an area where it can get bright morning light and afternoon shade. Be sure to check the lighting and watering requirements for each herb you purchase.

## Looking for more spring activities?

For more tips, don't hesitate to contact Idaho Spine & Sports Physical Therapy today! We can help you enjoy a fun and safe spring.

## Exercise Essentials Rhomboid & Middle Trap Stretch



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

*NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.*



## Come back and see us!

Are you struggling with pain that won't go away? We want to help! Give us a call at your nearest location or visit [www.SpinePT.com](http://www.SpinePT.com) to schedule your consultation today!