



NEWS LETTER

SE HABLA ESPAÑOL



AVOIDING SURGERY AFTER A SPORTS INJURY

INSIDE

PATIENT SUCCESS STORY
USE IT OR LOSE IT — YOUR
PT VISIT MAY BE FREE
SONIA'S CORNER

OptimumPhysiotherapies.com

OUR PHYSICAL THERAPISTS CAN
HELP IDENTIFY THE CAUSE OF
YOUR SHOULDER PAIN AND THE
STEPS NEEDED TO RESOLVE IT!



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

INSIDE:

- October is National Physical Therapy Month

- Sonia's Corner
- Patient Success Story

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call Optimum Physio Therapies today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

WHAT ARE THE MOST COMMON SPORTS INJURIES?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason for people seeking help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physical therapist will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

(Continued on the next page.)

210-985-9498

Want to avoid surgery after your injury? We can help! Contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!

OptimumPhysiotherapies.com

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

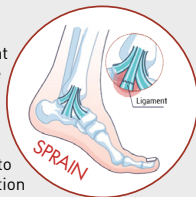
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WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?

SPRAINS:

A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground, or being hit by an object, or tackled by someone.

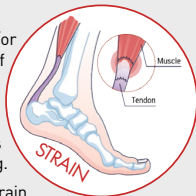
These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.



STRAINS:

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.



HOW PHYSICAL THERAPY CAN HELP WITH A SPRAIN OR STRAIN INJURY

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

WHAT YOU CAN EXPECT IN PHYSICAL THERAPY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- **Sleep** is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- **Foam rolling** is an effective way to warm up tissue without negatively affecting performance.
- **Strength training** can keep the joints supported and the muscles and tendons resilient.
- **Nutrition matters.** A well-balanced diet is the best approach to assist us in staying in the game!
- **Hydration** is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

CONTACT US FOR AN APPOINTMENT

At Optimum Physio Therapies, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.



WORKSHOPS

Optimum Physio Therapies offers **FREE** workshops to help keep you informed and feeling better. Check out our Workshops page at optimumphysiotherapies.com/workshop/ or just scan the QR code for more information on upcoming workshops.



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A Reminder To...

USE IT OR LOSE IT



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered **YES**, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or **COMPLETELY COVERED** by your insurance plan.

Let us help you get a head start going into 2023, before your deductible renews again! **CALL OR VISIT OUR WEBSITE TO SCHEDULE YOUR APPOINTMENT!**

210-985-9498

[OptimumPhysiotherapies.com](https://www.OptimumPhysiotherapies.com)

SONIA'S CORNER

COCONUT LIME CHICKEN CURRY

INGREDIENTS

- 2 tbsp regular or refined coconut oil
- 1 green chili pepper, slit in half and deseeded
- 2-3 cloves garlic, crushed
- ½ inch piece ginger, crushed
- 1 (400 g) chicken breast or tenders, cut into 1-inch cubes
- ½ tsp coriander powder
- ½ tsp cumin powder
- scant ¼ tsp turmeric powder

DIRECTIONS: Heat oil in a large skillet over medium heat. Add the slit green chili pepper and sauté for about a minute. Add the garlic and ginger and sauté until the raw smell disappears, or about 20-30 seconds. Raise the heat to medium-high and add the chicken, spices, and salt, and cook, stirring frequently, until it is half cooked or begins to brown, about 5 minutes. Add the coconut milk and let it come to a simmer. Cover and let this cook for about 5 minutes, or until the chicken is cooked through. Turn off the heat and add the lime zest and juice. Garnish with chopped cilantro and serve over white or brown rice. Enjoy!

<https://www.teasforturmeric.com/20-minute-coconut-lime-chicken-curry/>



Courtesy of Sonia



- 1/8 tsp black pepper powder
- generous pinch red chili powder or cayenne
- 1 13.5-14 oz. can unsweetened coconut milk
- salt, to taste (be on the generous side)
- 1 medium lime, zested and juiced, or more to taste
- 2 tbsp cilantro, chopped

PATIENT SUCCESS STORY!



"Before I started any physical therapy for my injury, I was unable to walk and had to use crutches. The therapy I received here at Optimum Physio was by far the greatest healing I could do. As a member and an athlete for the San Antonio Knights in the IAFL, my rookie season was taken from me due to an ACL tear. Mark, Tony, and the rest of the team stood behind my back to make sure I was ready for the upcoming season. Overall, my journey here was a blessing and I thank everyone for getting me on track earlier than expected." — A Gonzalez

OCTOBER IS NATIONAL PHYSICAL THERAPY MONTH

Take the time this month to start figuring out the most important things you need to know about the benefits and perks of physical therapy.

Call 210-985-9498 today!

IS IT YOUR BIRTHDAY MONTH?

If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!



WE'RE
HIRING

THE OPTIMUM PHYSIO FAMILY IS GROWING!

Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!**