



# YOU DON'T DESERVE TO SIT OUT OF THE GAME! - **SPORTS INJURY**



The American Association for Accreditation of Ambulatory Surgery Facilities accreditation programs helps facilities demonstrate a strong commitment to patient safety, standardize quality, maintain fiscal responsibility, promote services to patients and collaborate with other health care leaders.







# “On 15th July 2023, we are celebrating Chesterton Physical Therapy’s 15th Anniversary at the Chesterton location!”

Dear Chesterton Physical Therapy community,

Sports injuries can be both physically and emotionally devastating, forcing athletes to sit on the sidelines while their teammates continue to play. Whether you're an aspiring athlete, a weekend warrior, or someone who enjoys staying active, the fear of being sidelined due to an injury can be overwhelming.



At **Chesterton Physical Therapy**, we believe that you deserve to stay in the game and live life to the fullest. In this newsletter, we will explore common sports injuries, prevention strategies, and the role of physical therapy in helping you recover and regain your strength.

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# Understanding *Common Sports Injuries:*

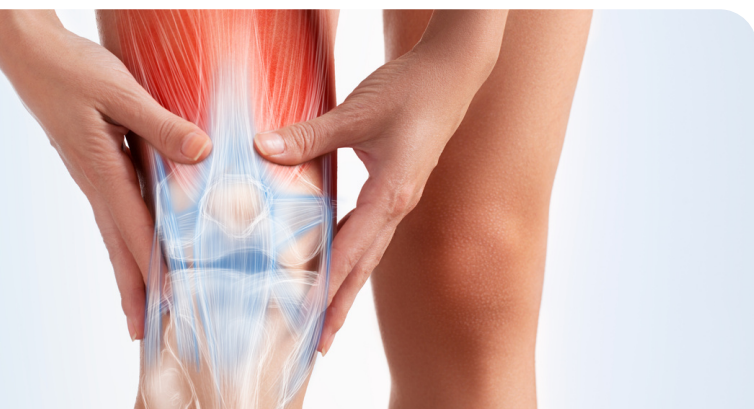
Sports injuries can range from minor sprains and strains to more severe conditions such as fractures and torn ligaments. Some of the most common sports injuries include:

**a) Sprains:** well-trained physical therapists create customized treatment plans tailored to your specific needs, injury type, and individual goals. This ensures that your rehabilitation program is designed to address your unique situation, enabling you to make the best possible recovery.



**b) Strains:** Muscles or tendons can be strained when they are stretched beyond their limits or torn. Hamstring strains and Achilles tendonitis are common examples.

**c) Fractures:** Broken bones are common in high-impact sports or activities that involve collisions or falls.



**d) Tendonitis:** Overuse of tendons can lead to inflammation and pain. Tennis elbow and jumper's knee are common forms of tendonitis.

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# Prevention Strategies

Preventing sports injuries is crucial for staying active and minimizing the risk of long-term consequences. Here are some strategies to help reduce the likelihood of injuries:

- a) **Warm-up and Stretching:** A proper warm-up routine increases blood flow to the muscles, making them more flexible and less prone to injury. Dynamic stretching before exercise is particularly effective.
- b) **Conditioning and Strength Training:** Regular conditioning exercises and strength training can improve muscular endurance and stability, reducing the risk of strains and sprains.
- c) **Proper Technique:** Learning and practicing the correct techniques for your sport can significantly reduce the risk of injury. Seek guidance from a coach or trainer or physical therapist to ensure you are using proper form.
- d) **Protective Gear:** Wearing appropriate protective gear, such as helmets, pads, or braces, can provide essential support and reduce the severity of injuries.
- e) **Rest and Recovery:** Giving your body adequate time to rest and recover between intense training sessions is crucial for injury prevention. Overtraining can lead to fatigue and increased susceptibility to injuries.

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# The Role of *Physical Therapy* in Sports Injury Recovery:

If you do experience a sports injury, seeking professional help from a physical therapist is essential for an optimal recovery. Here's how physical therapy can help:

- a) **Evaluation and Diagnosis:** A physical therapist will assess your injury, perform diagnostic tests, and provide an accurate diagnosis. This step is crucial for developing an effective treatment plan.
- b) **Individualized Treatment Plans:** Physical therapists design personalized treatment plans tailored to your specific needs, focusing on relieving pain, restoring function, and promoting healing.
- c) **Rehabilitation Exercises:** Physical therapy involves targeted exercises to strengthen muscles, improve flexibility, and restore range of motion. These exercises help athletes regain their pre-injury performance levels.
- d) **Manual Therapy:** Techniques such as massage, joint mobilization, and soft tissue manipulation are used to reduce pain, improve circulation, and enhance healing.
- e) **Injury Prevention Education:** Physical therapists educate athletes on proper body mechanics, movement patterns, and injury prevention strategies. This knowledge empowers athletes to protect themselves from future injuries.

**Conclusion:** At Chesterton Physical Therapy, we believe that you don't deserve to sit out of the game due to a sports injury. By understanding common injuries, adopting prevention strategies, and seeking timely **physical therapy**, you can get back to doing what you love most.



## HAPPENINGs at Chesterton PT this month!



## Testimonial



Mindy helped me with booking my appt over the phone. She was awesome and helped cut down my wait time w paperwork once I actually arrived. Sam was training with her and she was very polite. Maribel greeted me as soon as I walked in the door. She didn't know me but she made me feel welcomed and the entire session seemed like we knew each other for years. Taylor was training with her and she was awesome. She will do an amazing job once she gets on her own. Thanks ladies. I appreciate the professionalism.

T. Jordan-Ishmon

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## TRY THIS **HEALTHY** RECIPE

### Ingredients :

- A banana
- 1 cup milk
- 1 tbsp honey
- Some ice cube

### Directions :

1. Peel and cut a banana into some pieces, and put it into a blender
2. Add the milk and honey
3. Add some ice cubes as you like
4. Blend them until smooth and combined well
5. Pour the smoothie into a glass and serve it

## Banana Smoothies Recipe



## Refer-A-Friend!

### ***Who Do You Know That Needs Our Help?***

If you know someone who may benefit from our style of Physical Therapy, please pass along this newsletter. We will send them information about how we might be able to help them.

*Click the link to visit the page on website*

**REFER A FRIEND**

### Our 3 Convenient Locations

#### CHESTERTON

425 Sand Creek  
Dr. N #C  
Chesterton, IN 46304  
Ph. No. (219) 926-9779

#### MICHIGAN CITY

320 Dunes Plaza  
Michigan City  
IN 46360  
Ph. No. (219) 898-4360

#### PORTAGE

3190 Willowcreek  
Rd Suite A  
Portage, IN 46368  
Ph. No. (219) 682-2990

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