

“Sprains, Strains & Automobiles”



Contrary to popular belief, soft tissue injuries can occur at any age while conducting almost any activity. Even everyday activities can damage ligaments, tendons, and muscles so it's important to perform proper movements. Some common soft tissue injuries you may experience include:

- Sprains
- Strains
- Tendonitis

Any of these injuries can be caused from a single episode, such as a fall, sudden twist or blow. However, you may also sustain one or more of the above injuries from repetitive movements or overuse.

Sprains

A sprain is a stretch or tear of the ligament. A ligament is a strong rubber band-like connective tissue that connects a bone to another. All of your joints are supported and able to function because of your ligaments. Ankles, knees, and wrists are vulnerable to sprains. Mild sprains heal well with R.I.C.E (rest, ice, compression and elevation) along with exercise and stretching. Moderate to extreme sprains are best treated by physical therapists but most severe sprains may require surgery, if torn ligaments occurred.

Strains

A strain is a result of an injury to either a muscle or a tendon. A muscle strain, or pulled muscle, is where your muscle is overstretched or torn. This occurs as a result of fatigue, overuse, or improper use of a muscle.

Similar to sprains, R.I.C.E. is an effective initial approach to strains, but we recommend you come in for a free consult to determine the best course of action to take to maximize your recovery.

Tendonitis

Tendonitis is caused from small, repetitive stress to your tendon. The aggravation to the tendon causes inflammation, which is tendonitis. Inflammation is your body's healing response to injury, accompanied by swelling, heat, redness, and pain. Treatment begins with resting the tendon and anti-inflammatory medication, followed by physical therapy, which includes soft tissue massage, as well as stretching and strengthening exercises. This will improve flexibility and correct muscle imbalance.

Treatment for the discussed injuries respond well with the R.I.C.E. approach, while physical therapy is an effective treatment for both moderate to severe cases and yields positive results. You will get the tools and the knowledge to treat and prevent strains, sprains, and tendonitis.

Every day in the United States, 25,000 people sprain their ankle and more than one million people visit emergency rooms each year because of ankle injuries.

At **HealthQuest** we motivate, educate and rehabilitate, on our quest to help people live life well!
Call us toll free at 1-855- **HQPT** -4-ME
to schedule your **free consultation** or **training session**!

Exercise Essentials | Easy Lower Extremity Exercises

Always consult your physical therapist or physician before starting an exercise regimen.



- Repeat 5 times
- Hold 30 seconds
- Complete 2 sets
- Perform once a day

Calf Stretch

Stand with the middle of your foot on the edge of the stairs while holding onto the railing. Slowly drop your heels downward until you feel a stretch in the back of your legs keeping your knees straight.



- Repeat 5 times
- Hold 15 seconds
- Complete 3 sets
- Perform once a day

Trampoline Single Leg Balance

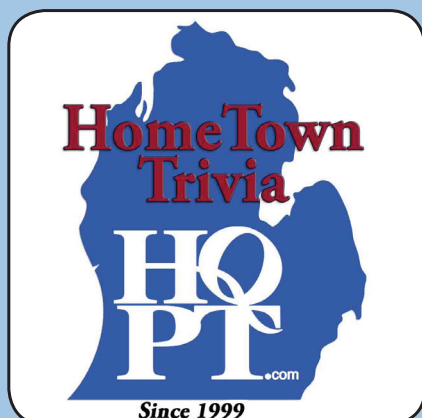
Stand in the center of the trampoline, maintaining your balance on one foot. A trampoline is not imperative to complete this exercise.

(Pictures copyright of HEP2Go)

HomeTown Trivia...

What Michigan town is nicknamed the "Furniture City" because of its large furniture industry?

Visit www.HQPT.com and click on the HomeTown Trivia button on the left hand side of our homepage. If you answer correctly, you will be entered in a drawing to win a \$100 Gas Card! (Contest closes on June 30, 2015)



Congratulations to our May HomeTown Trivia winner, Mildred from Lake Orion!

Patient Results....

"I came to HQ with a sprained ankle. Within four weeks of therapy, I gained my strength and flexibility back 110%. I quickly returned to playing baseball without missing much of my season and therapy kept me conditioned so I could quickly start pitching again."

Nicholas W.
from Clarkston



Ask the Therapist...

Question: How can I prevent ankle sprains & strains?

Answer: Preventing injury begins with strengthening and stabilizing exercises. Since most sprains and strains occur in the lower leg, you can prevent them by range of motion, strengthening, and stabilization exercises for the lower extremity. Your physical therapist can help you choose the right exercises for your specific situation. Balance is also a key component in the prevention of sprains and strains.

Question: What should I do if I suspect a sprain, strain or tendonitis of my knee or ankle?

Answer: First 'RICE' (rest, ice, compression and elevation). Then when symptoms are contained (pain and swelling reduced), begin mobility and strength/stability training. You can never be too cautious, stop by and see one of our therapists for a FREE consultation if you need peace of mind. Always seek the advice of a licensed professional if pain lasts longer than 24 hours.



Share the Gift of Good Health!

Mention us to family & friends and for every new patient you refer, we will send you a \$25 gift card...our way of saying THANKS!



This month's 'Ask the Therapist' is brought to you by Brian Jones. He is co-owner and director of the Clawson/Troy location with Steve Rabaut. They just celebrated eight years in the Clawson Community.

Brian's career began in accounting but he quickly discovered that his career needed to be fueled by his passion...running! As a runner, Brian has extensive knowledge of movement and leg/hip injuries, especially those as a result of sports mishaps. He has 17 years of experience as a physical therapist treating injuries in pediatrics, orthopedics, and athletes.

When he's not running or treating patients, you'll find him spending time with his family. He has two daughters, Kara & Emma, a very supportive wife, Lynn, and a new dog named Oliver.



DOES IT HURT,

We Can Help!

Real Training for Real Life

Celebrating their two year anniversary this month, Stars and Stripes CrossFit (SSCF) is an affiliate of HQPT Clawson. This program has proven to increase fitness, agility, strength and weight loss, while working within a fun, safe, and controlled environment, and more importantly, preventing injury along the way!

SSCF progressively trains your body to be ready for anything through varied, high-intensity functional movements to burn calories and build strength in short periods of time. You will be challenged and inspired to achieve more than you thought possible. This will ultimately improve the quality of your life by refining your cardiorespiratory endurance, stamina, flexibility, power, speed, coordination, agility and balance. The athlete in you will be uncovered and your sense of health, wellness, and ability will be increased. No gimmicks. No fancy equipment. Just you – improved.



248.457.5342
778 B W. Maple, Troy 48084
starsandstripescrossfit.com

Call us toll free TODAY to schedule your FREE FMS!

1-855-HQPT-4-ME



10 LOCATIONS TO SERVE YOU

Clarkston
(248) 922-9001
Clawson
(248) 435-8230
Clinton Township
(586) 783-7590
Lake Orion
(248) 393-7707
Macomb Township
(586) 231-0043
New Baltimore
(586) 436-3900
Oxford
(248) 236-0035
Rochester Hills
(248) 650-4404
Romeo
(586) 336-4022
Shelby Township
(586) 532-9602

www.HQPT.com