



## Put Me In, Coach!

It's that time of year again; spring sports seasons are now in full swing, and it's imperative that while participating you stay on the lookout for various warning signs of sports injuries. Poor training methods, inadequate warm-up, and lack of conditioning, are just a few of the many causes of sports injuries. Each sport contains its own risks, and it's important to know what to keep an eye out for.

The most common forms of sports injuries include ankle sprains and strains, knee injuries, swollen muscles, shin splints, fractures, and dislocations. With any of these injuries, time is of the essence! If you catch a sports injury early enough, you may only need to follow the R.I.C.E. principle: Rest, Ice, Compression, and Elevation. However, recently, the letter *P* has been added to the beginning of this acronym, representing the most important phase of sports injury rehabilitation, *Prevention*, so you don't pay the ultimate *PRICE*.

Sports injury prevention should be appropriately addressed in order to keep the athlete safe. It is imperative to examine the biomechanics of any athlete, especially a repetitive motion athlete, such as golfers, baseball pitchers, and tennis players. Even though each sport's objective is different, the motions of each sport are inherently the same; as a result, their injuries are often the same.

While some sports injuries can be prevented with proper warm-up and stretching, consulting a physical therapist prior to an injury is even more beneficial to your long term joint health, ligament longevity, and muscle stamina. At **HealthQuest**, our physical therapists understand how frustrating it is when an injury keeps you from the activities you love. We can help you heal and get back to your game, as well as show you several corrective exercises designed to minimize your chance of injury.

Give us a call today so one of our therapists can work with you to design a custom program to alleviate pain, correct biomechanical imbalances, increase strength, improve range of motion, build endurance, and restore function. With a little help from your friends at **HealthQuest**, you'll be yelling "Put me in, Coach!" again in no time!

***Sixty-percent of all game and practice injuries are to the lower extremity, including ankle, knee, and upper leg muscle injuries.***

*The Online Journal of Science and Technology, January 2012, Vol. 2: Iss. 1*

*Quote*

OF THE MONTH

*"Treat everybody like it's their birthday... every single day."*

*- Robby Novak, Kid President*

***If you are experiencing pain after practice, call us Toll Free at 1-855-477-8463 to schedule your FREE Consultation!***

# Exercise Essentials *Easy Core Strength Exercises*



## STRAIGHT LEG RAISE

While lying on your back with your knees straight and your legs together, raise up both legs. Use your stomach muscles to keep your spine from moving. Hold for 30 seconds, repeat three times, twice daily.

## PLANK

While lying face down, lift your body up on your elbows and toes. Try and maintain a straight spine. Do not allow your hips or pelvis on either side to drop. Hold for 30 seconds, repeat three times, twice daily.



Pictures copyright of HEP2Go

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

## HealthQuestion

Before 1999, the Detroit Tigers played in Tiger Stadium. Before it was renamed Tiger Stadium, what was the stadium called?

Visit [www.HQPT.com](http://www.HQPT.com), and click on the **HealthQuestion** button on the left hand side of our home page. If you answer correctly, you will be entered in a drawing to win a **\$100 Gas Card!**

*Contest will close on May 31, 2013.*

Win a  
\$100  
Gas Card!

## Results...



*"When I first came to HealthQuest my ankle made everyday tasks difficult. It felt weak when I tried to dance, run, jump, and sometimes, it was even hard just to walk. The staff at HealthQuest walked me through my exercises quickly, and helped strengthen my ankle. At first, I didn't notice a difference, but soon enough I could feel an improvement in everything I did. Thanks to HealthQuest, I can return to participating in my normal activities, and with spring softball try-outs just around the corner, the timing couldn't have been better!"*

*~ Emma, Macomb*

# Ask the Therapist...



**Question:** What are some indicators that my ankle injury is severe enough to seek medical advice?

**Answer:** If your pain or discomfort is altering your performance on the field, you should seek immediate medical attention. Pain or dysfunction in the ankle can mean many things depending on where the pain is concentrated, its severity, the frequency, and the duration. The best way to prevent any permanent damage is early assessment by an orthopedic specialist or a physical therapist. They can determine whether or not your injury can be resolved in a rehabilitative scenario or if it needs further investigation by an orthopedic surgeon.

**Question:** My son plays baseball and has complained about his arm being sore after practice. What can you do to help?

**Answer:** While each athlete's body structure is different, analyzing the biomechanics of the throwing motion is essentially the only way to determine how your athlete's throwing mechanics have contributed to his or her injury. In my experience working with athletes for the past 15 years, I have never rehabilitated an injury that was not directly related to poor biomechanics. Your body is a machine, and similar to any other complex, engineered machine, can be analyzed to ensure that it is properly utilizing forces inside and outside of itself to produce the best results. Understanding biomechanics is an essential part of getting any athlete back on the field, performing even better than he or she was before the injury.

*This month's 'Ask the Therapist' is brought to you by Ed Martel (left), from HealthQuest and FitnessQuest in Macomb. Ed, along with HealthQuest Macomb Director, Ryan Vinson (also pictured) have dedicated their lives to understanding sports injuries and how to properly and completely rehabilitate athletes back to the field. In conjunction with their lifelong dream, Ed and Ryan have worked with HealthQuest to develop the Overhead Athletic Institute (OAI). This extension of HealthQuest was designed to allow an athlete to benefit from professionals who understand both the pathological progression of injuries and how to execute corrective exercises to prevent injuries before they occur.*



# Looking to avoid paying the "PRICE" this season?

*What you should know...*



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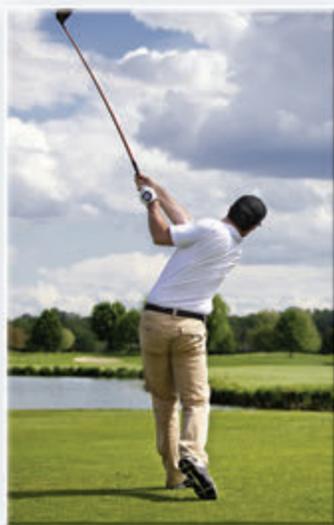
## HealthQuest Annual Charity Golf Outing 2013

We are now accepting  
donations and sponsors for our  
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Please visit

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for more details!



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