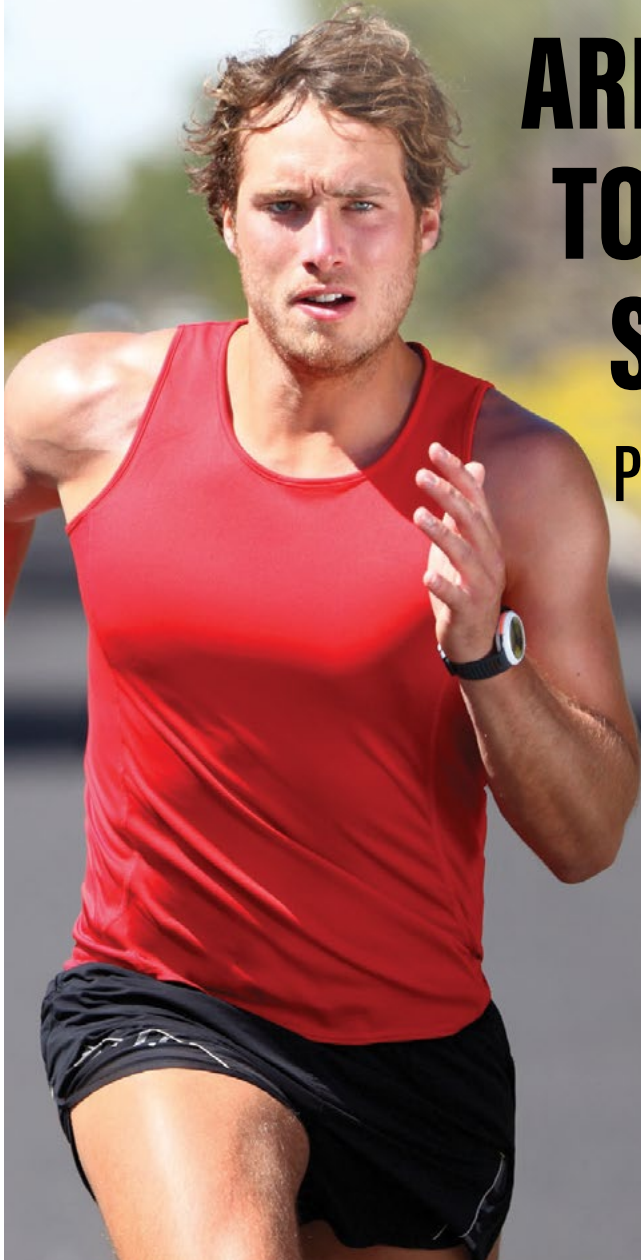


HEALTH & WELLNESS

SMART  **SPORTS** 2022

NEWSLETTER



**ARE YOU PREPARED
TO GET ACTIVE FOR
SPRING SPORTS?**

PHYSICAL THERAPY CAN HELP!

**Injury Prevention With
Physical Therapy**

Patient Shoutout

Tell Us How We Did!

SMARTSPORTSMED.COM

CALL US TODAY (307) 632-7677

NEWSLETTER

PHYSICAL THERAPY CAN HELP YOU GET READY FOR SPRING SPORTS



RETURN TO PT TO SEE LASTING RESULTS! CALL (307) 632-7677!

Are you wondering how to prepare yourself for the spring sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the warmer season will come, and so will spring sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the spring sports season. At Smart Sports, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in track and field, volleyball, baseball/softball or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season! Request an appointment to get our team to help you get ready to compete!

How physical therapists help athletes prepare for spring sports. Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

INJURY PREVENTION WITH PHYSICAL THERAPY

One significant aspect of physical therapy at Smart Sports is that it can help you prevent an injury this spring. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to be sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this spring could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly. As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of



your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

Request an appointment at Smart Sports today. At Smart Sports, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport. **Are you an athlete preparing for spring sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!**

Sources: <https://delfamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>
<https://link.springer.com/article/10.1007/s40279-019-01232-4>

CALL (307) 632-7677 TODAY TO SCHEDULE AN APPOINTMENT!

PATIENT Shoutout

PATIENT: Kelsey N.

"I wanted to make a shout out to these wonderful people over at SMART Sports. Justin, Erin, Kielee, and Perla help keep our girls healthy and when they do get injured they get them back in practice ASAP! They take the time to get to know each of the girls. I wouldn't trust any other group of physical therapists to take care of my daughter. She even looks forward to coming to see you all! Justin, Erin, Kielee, and Perla we can't say THANK YOU enough. There are no words for how grateful we are to have you working with our team. You decorated the clinic to cheer on the girls and I can only imagine how excited they were to walk in and see it! I know Rachel was! They



know you are always cheering for them whether you are there or at home! You are so appreciated! We are beyond blessed to work with you! THANK YOU for everything you do. Here are some of the girls who are so thankful for you!"

FEATURED TREATMENTS

SPORTS MEDICINE & KINESIO TAPING

SPORTS MEDICINE: From as early as junior high, we've guided our clients through:

- Injury rehabilitation
- Overuse injuries
- Athletic training for baseball, basketball, hockey, and football

We focus on non-surgical orthopedics, allowing each of our sports medicine clients to recover and rehabilitate at a pace best suited to their individual level of activity and desired performance goals.

ATHLETIC KINESIO TAPING: There are many reasons why Kinesio taping may be used, but it is successful in providing some of the same results across the board. These include, but are not limited to:

- **Managing scar tissue.** This is an especially common treatment after an injury, surgery, or another type of trauma has occurred. Kinesio taping can provide a much-needed stretch to the scar tissue, making the signals of movement easier to communicate, and thus increasing your mobility.
- **Decreasing swelling.** Injury, surgery, or even simple overuse of a certain part of your body can also result in swelling. Kinesio taping helps to decrease swelling by limiting the pressure



between the skin and the tissues underneath. This allows any buildup of fluid to travel freely and promotes easier movement of the affected area.

- **Stabilizing joints.** Some conditions may make it difficult for joints to stay in place. Kinesio taping can help stabilize and provide support for these joints, while still allowing them to move around their intended range of motion.
- **Relieving pain.** By blocking pain receptors, your brain doesn't receive the painful messages from the affected area any longer, and the muscles relax as a result. This allows for more mobility, quicker healing, and a more comfortable treatment process overall.

We are dedicated to helping you reach your peak physical performance, and we would love to meet with you and create a plan to make that happen. Contact us today to request an appointment, and get started on your path toward recovery!

SHARE THE BENEFITS OF PHYSICAL THERAPY WITH A FRIEND!

Give the gift of movement! We appreciate the confidence you place in us and will do our best to help those you refer meet their health goals. Thank you to all of our friends who refer others to Smart Sports!



SPRING INTO ACTION WITH PT!

FREE 1 WEEK TRIAL MEMBERSHIP

GET

FIT!



NO CONTRACTS FOR ANY GYM MEMBERSHIPS. OUR GYM IS OPEN 24/7!

CALL (307) 632-7677 OR MORE INFO TODAY

SMART SPORTS SPECIALTIES

- Manual Therapy
- Ultrasound
- Massage Therapy
- Electrical Stimulation
- Athletic Kinesio Taping
- Trigger Point Therapy (Myofascial Release)
- Joint Mobilization
- Therapeutic Exercise
- Aquatic Therapy
- Vestibular Therapy
- Facial Aesthetics
- Fitness and Wellness Gym
- Hormone Therapy
- Sports Medicine
- Back to Play (Sports) Assessments
- Sports Therapy
- Athletic Conditioning
- Cupping
- Dry Needling

The best place for serious lifters in Wyoming!

"Awesome gym, definitely the best place for serious lifters in Wyoming. Awesome trainers too. If you're in the area hit up Ro, he's a good dude and top-level trainer."

— Adam B.



TELL US HOW WE DID!

Leave a review for our practice and help us connect with the community! Visit <https://tinyurl.com/yekc5chp> or scan the QR code to leave us a Google review!



SMART  SPORTS