

HEALTH & WELLNESS

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2022

NEWSLETTER



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NEWSLETTER

HOW STRETCHING CAN HELP YOUR PAIN

DON'T IGNORE YOUR PAIN. RETURN TO PT! CALL (307) 309-5140!

Have you noticed how good it feels to stretch after a long car ride? Or maybe you don't feel any relief stretching the tightness you feel in your back. It can be frustrating to know when to stretch and when not to stretch. Fortunately, at Smart Sports, our physical therapists can clarify when exactly you need to stretch so you can get the relief you need!

Many everyday aches and pains stem from tight muscles and poor mobility. The key to good health is to keep your body mobile. This helps your circulatory, respiratory, lymphatic, and musculoskeletal systems. Having good mobility means your joints and soft tissues move freely, without restrictions. Poor postural habits, repetitive movements, and injuries can all lead to limitations in your mobility, leading to pain.

Normal blood and lymphatic fluids circulate the body easier when your tissues are mobile, oxygenating your tissues properly. This improved circulation helps you feel energized, relieves pain, and allows you to perform daily tasks without feeling tired. At Smart Sports, our physical therapists can help you identify areas of restriction and solutions to get you moving pain-free again.

What Does It Mean to Stretch?

Although most people know what stretching means, it is essential to make sure you understand how the word is used in physical therapy.

There is some confusion about when and why we should stretch, and also about the benefits of stretching.

When the main emphasis is to move better and feel better, you are heading in the right direction. Targeted stretching in physical therapy is to alleviate discomfort and/or improve mobility. Like most therapy interventions, the timing and intention matter so that you can find relief and get moving again.

There is a common belief that stretching and being more flexible can prevent injury, but unfortunately, the research shows this is not always the case. For example, you can have muscles that are free of damage and restrictions and not flexible. Or you can have muscles that have injuries and/or limitations that need to be more flexible. Our physical therapists can help you figure out where you need help and guide you through a program tailored to meet these needs.

The notion of lengthening a muscle, for example, is an exaggeration of what happens. Our muscles/tendons attach to the bone at point A (i.e., origin) and point B (i.e., insertion). These attachments never change, and therefore the actual length of a muscle or tendon never really lengthens. Our physical therapists are experts at identifying your specific needs and designing a program that is tailored to you for the best possible outcome!

How Physical Therapy Can Help You Stretch Properly

Our physical therapists help you in a variety of ways. We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your pain and restrictions. This will consist of a thorough history to understand your typical daily activities, including your body's specific demands and overall health status.

We will use this information to develop an individualized program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques for the individual athlete.

Your physical therapist will then incorporate specific stretches that help you improve your mobility and alleviate your pain. Our goal is to ensure you have an effective program that assists you in a safe return to your normal activities.

Every good therapy program will include injury prevention strategies that ensure you stay doing what you love. We will help you understand how and why stretching can assist you in staying pain-free!



Contact Us Today!

There are many other ways that stretching can help you live your best life. If you want to add stretches to your daily life, contact Smart Sports today for assistance. One of our dedicated physical therapists will teach you what will be

best for you and create a targeted, individualized care plan to promote accelerated recovery and future injury prevention!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6895680/>
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WHAT IS CONCUSSION THERAPY?

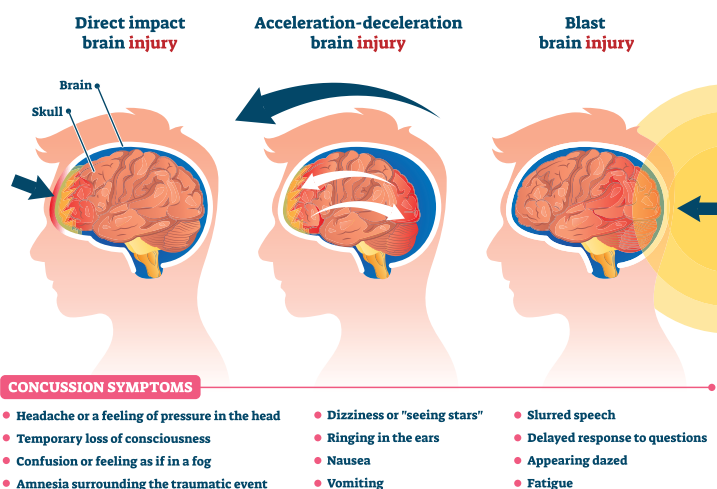
Concussion therapy is a highly useful tool in supporting recovery from traumatic brain injury. During concussion therapy, you can expect to work with an experienced physical therapist who will evaluate the severity of your brain trauma and match you with tricks and strategies that can reduce discomfort, alleviate painful symptoms, and improve brain functionality.

How Can Concussion Therapy Help?

All too often, it is these symptoms of a concussion that leads to the greatest amount of discomfort. Physical therapy can encourage a return to feeling better by restoring strength to atrophied muscles and improving endurance. This can be achieved through a combination of muscle-training activities and aerobics. However, it is important to work with a physical therapist to gain guidance regarding the best activities for your body's needs post-brain injury. Working out alone could lead to further injury. Your physical therapist will customize a strength-building program for you, as well as guide you through aerobic moves that help you regain that endurance.

What Does Concussion Therapy Look Like?

In addition to physical therapy, additional strategies like targeted massage, specific stretches, and even eye motion training can help to reduce headaches and nausea following a concussion. Physical therapy programs for concussions often build in vestibular therapy, which helps you orient yourself during periods of lightheadedness or loss of balance. To encourage this your physical therapist will introduce you to specialized activities, including fixing your gaze at a certain point in the distance or using simple movements to stabilize your core and limbs. With proper guidance, these



strategies can be incredibly helpful in improving the quality of life as you recover from a concussion.

Contact Us Today!

A concussion is not something you can ignore. Regardless of the perceived severity, following a brain injury it is incredibly important that you check in with a physician to ensure that there is no potential for lasting brain damage. If you or a loved one have experienced a concussion, contact Smart Sports Medicine Center to learn more about concussion treatment and therapy options.



FALL SPORTS SAFETY TIPS FOR KIDS

As a parent, it's normal to be worried about falls and other accidents. Kids are clumsy, rambunctious, and almost always on the move! It's hard not to worry about them getting injured, especially when they play a sport.

With fall sports starting up again, we want to assist you in preventing sports injuries from placing your child on the sidelines. So we've put together a list of preventative measures for keeping your child healthy and active this season!

- 1** Monitor their diet and nutrition. Encourage your child to consume a nutritious diet made up of organic, healthy ingredients. Make sure your little one stays hydrated with plenty of water. It's also a good idea to ensure they maintain a steady electrolyte balance.
- 2** Teach your child to speak up about any pain. Children may "play through the pain" or not acknowledge common injury signs. These actions may place them at risk for making a relatively mild condition more serious. Recognizing a possible sprain or stress fracture is key to getting immediate care and resolution so that they may go back to play. Teaching your child to address pain and dysfunction early is very important for their overall health.
- 3** Encourage them to take proper warm-ups and cool-downs. Children are excited to get into the game and tend to be in a rush to get into practices – and just as anxious to get out of them when they're finished. However, participating in athletics without first warming up may lead to preventable injuries. A cardiovascular warm-up such as jogging with some gentle stretching may be all that is needed to avoid these issues. After the exercise, a cool down and stretch routine also helps the tissues recover from their workout.
- 4** Promote safe play. Even the most physically fit children will get into trouble if they disregard safe play guidelines. Appropriate use of helmets and other protective gear is key – so be sure it fits your child well and is worn correctly.

STAFF Spotlight



Samantha Olive, PT, DPT

Samantha lived in several states growing up due to her parents being in the military. She played multiple sports throughout her childhood but focused mostly on track and field in high school. She graduated high school in Cheyenne and went on to the University of Wyoming for her Bachelor's in Kinesiology. After graduation she went on to Physical Therapy school at the University of Nebraska Medical Center, graduating in 2022. During her clinical experience she has had the opportunity to work with elite and professional athletes out of Arizona. She is excited to continue learning and working with athletes of all ages.

Samantha enjoys spending her free time with her fiancé and dog outdoors hiking, camping, or reading a good book.

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