



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Read more inside on How To Not Let Pain Sideline You, our Healthy Recipe: Spaghetti With Asparagus, and The Benefits Of Personal Training At Darien Physical Therapy

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464



HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

Exercise is an important part of a healthy lifestyle. For many people, playing sports is a fun way to burn extra calories, socialize, and get fit. Unfortunately, this also means the occasional sports injury or a flare up of an old injury or condition.

You don't have to be a professional or even an amateur athlete to suffer a sports injury. In fact, many times, those most susceptible to sports injuries are people who have just started exercising or participate on a recreational level. Sports injuries in this article will be defined as injuries to the musculoskeletal system, including muscles, bones and tissues such as cartilage. ***The most common sports injuries include:***

SPRAINS: A sprain occurs when the connective tissue that joins the end of the bone with another is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or blow to the body that knocks a joint out of position. Ankles, knees and wrists are most vulnerable to sprains. However, back, neck and shoulder sprains are very common too.

STRAINS: A strain occurs when a muscle or tendon is pulled, torn or twisted. Strains are non-contact injuries, such as those that occur from overstretching. A common example of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. Orthopedic surgeons see more than 5.5 million people annually for knee injuries, which can include runner's knee (pain or tenderness close to the knee cap at the front side of the knee), tendonitis and iliotibial band

syndrome (pain on the outer side of the knee). Severe knee injuries often include bone bruises or damage to the cartilage or ligaments.

SHIN SPLINTS: Shin splints occur when there is pain along the large bone in the front of the lower leg, known as the tibia or shin bone. Shin splints most commonly occur in runners, especially those who are just starting a running program. This is usually due to poor alignment of the body, or weakness in the leg muscles.

The team at Darien Physical Therapy can treat many orthopedic and repetitive motion injuries without the need for invasive surgeries or medications. In fact, most doctors have their patients try physical therapy first before recommending any other procedures.

The licensed physical therapists and physical therapist assistants at Darien Physical Therapy can customize a program that addresses the weakness of your particular musculoskeletal system, allowing you to recover quickly and remain active. Even if you have an old injury, it is important to have it evaluated by our physical therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, arthritis, a stress fracture or low back pain, our therapists can design a treatment plan to promote improved function, wellness and minimize the risk of re-injury.

Has your pain come back? We want to help!
Give us a call at (203) 655-6464 or visit
DarienPhysicalTherapy.com today!

Stop letting pain get in the way. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!



DON'T LET PAIN SIDELINE YOU

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it? The term “weekend warrior” means a person who doesn’t really train for what they are doing; they just go out and do it on the weekend.

How do most injuries occur?

Most sports injuries occur from ill-prepared individuals who just jump into the activity without first increasing their strength, endurance and flexibility. Your muscles, tendons, ligaments and other tissues need to be warmed up to work properly. They take enormous strain during running and sports activities. Therefore, if they are not in top condition, they are more prone to injury.

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little “drier.” When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Darien Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

Preparing your body...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Do stretch often
- Do coordination training
- Do strength training
- Do endurance training



HEALTHY RECIPE SPAGHETTI WITH ASPARAGUS

- 1 lb. spaghetti
- 2/3 cup extra-virgin olive oil
- 1 large bunch asparagus, trimmed, thinly sliced on a deep diagonal
- 4 garlic cloves, smashed
- 4 3"-long strips lemon zest
- 1/2 tsp. crushed red pepper flakes
- 8 large basil leaves
- 2 lemons, halved
- 2 oz. Parmesan, finely grated (about 1 cup), plus more for serving

1. Cook pasta in a large pot of boiling salted water, stirring occasionally, until al dente. Drain pasta, reserving 1 1/2 cups pasta cooking liquid.
2. Meanwhile, heat oil in a large Dutch oven or other heavy pot over medium-high until shimmering. Add asparagus, season with salt, and cook, stirring often, until just beginning to take on color, about 1 minute. Add garlic, lemon zest, and red pepper flakes and cook, stirring, until fragrant, about 30 seconds. Remove from heat and let sit until pasta is done.
3. Add pasta and basil to pot with asparagus mixture and return to medium-high heat. Squeeze juice from both lemons into pot and add 2 oz. Parmesan and 1 cup reserved pasta cooking liquid. Cook, tossing vigorously and adding more pasta cooking liquid if needed, until sauce is creamy and emulsified and pasta is coated, about 1 minute. Taste and season with more salt if needed. Remove and discard garlic.
4. Divide pasta among bowls, placing a lemon strip in each, and top with more Parmesan.

BENEFITS OF PERSONAL TRAINING AT Darien Physical Therapy

We offer a unique, private, judgment-free setting where you can safely and effectively work toward improving your health and wellness. Our professionals of certified trainers and Physical Therapists have a wide variety of expertise that allows us to help clients from all walks of life. Whether you have an old injury that has held you back from exercise, a medical condition that causes you apprehension about making changes to your health or an athlete looking to gain an edge over your competition – whatever your concern, Darien Physical Therapy Sports & Fitness Center is the place to help get you going again.

With personal training, you will get a personalized workout that is tailored to your goals and needs. Working with a personal trainer can be safer than training alone because you will work with a specialist who shows you the proper way to perform

each exercise. Along with the safety and personalization, you will have someone there to support you each step of the way. Motivation is often difficult to maintain when you exercise on your own. Regular sessions with a personal trainer create accountability, which is a real motivator to not let down yourself or them. But there's also something to be said for feeding that part of our brain that craves praise. Hearing a trainer celebrate your consistency, progress, or even proper technique can be a real boost when you feel like throwing in the towel.

To learn more about how personal training at Darien Physical Therapy can benefit you, give us a call at **(203) 655-6464** today!



"I strongly recommend Darien PT. I have received top rate care and treatment for neck and shoulder pain. My treatment with Juan has addressed long standing issues with my neck that had been causing persistent headaches for months. His caring and compassionate nature is second to none. His approach to treatment leaves no stone unturned and he works hard to understand and meet his client's needs and goals. The whole team at Darien PT is friendly and respectful. I wholeheartedly recommend the team at Darien PT for therapy needs." - C. R.

COVID-19 PRECAUTIONS

In light of the COVID-19 pandemic that has been causing numerous health care facilities to shut down, we as medical professionals are diligently trying to serve our patients in the best ways possible without risking the spread of this disease. Before and after every session, we are asking our clients and staff to wash or sanitize their hands. Additionally, we have increased the number of times per day that we sanitize our equipment and facility as well as checking the temperature of each patient as an added precaution. All of our clinicians have been vaccinated for your safety.



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING THEIR HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING OF HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!