



# HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Read more inside on 7 Easy Ways To Prevent Injuries On Your Own, Full Time Physical Therapist Needed, and Health Coaching at Darien PT!

[DarienPhysicalTherapy.com](http://DarienPhysicalTherapy.com)

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



## HOW PHYSICAL THERAPY HELPS PREVENT INJURIES

Do you have nagging injuries that just don't seem to go away? Have you ever wondered what you can do to prevent injuries? At Darien Physical Therapy, our skilled therapists are experts at identifying the steps you need to take to resolve your injuries and prevent them in the future!

Perhaps the most common injury that people endure from physical activity is an overall feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an exercise that the body is not used to or exercising after a prolonged rest period. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

At Darien Physical Therapy, our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

### How To Tell Injury From Normal Aches & Pains

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at

identifying and treating musculoskeletal injuries.

Some of the most commonly sustained injuries include sprains and strains. Many people think sprains and strains are the same things, but they describe damage to different tissues.

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Tendons are tissues that connect muscles to bones, and ligaments are tissues that connect bones to the bone.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

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

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

# 7 EASY WAYS TO PREVENT INJURIES ON YOUR OWN



Your physical therapist will conduct a physical evaluation to determine the severity of your sprain or strain injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

*In addition, your therapist will instruct you on the most effective injury prevention strategies, including these 7 tips:*

1. **Sleep** is the most effective strategy with the most significant effect on injury prevention and sports enhancement...8-10 hours per night.
2. **Strength training** is one of the most effective injury prevention strategies to help stay injury-free.
3. **Dynamic warm-ups** (i.e., foam rolling, stretching, and sports-specific movements) are an effective way to warm up tissue without negatively affecting performance and may lead to fewer injuries.
4. **Nutrition** is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets. Recovery meals are as crucial as pre-game meals.
5. **Hydration** is essential for recovery and injury prevention.
6. **Stay within your abilities.** It is vital to train and practice any physical activity by starting small and building up from there.
7. **Use the proper equipment.** Make sure you have the right equipment, for example, running shoes, hiking boots, helmets, and pads. The right equipment can help you avoid injury and stay safe while doing the activities you enjoy.

## What To Expect In Physical Therapy

Our physical therapists evaluate and treat all types of sprains and strains related to an injury, disease, or unhealthy lifestyle. Our team is composed of movement experts who have the knowledge

and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

## Contact Us Today

If you are suffering from aches and pains, you think you may have sustained an injury, or you'd like to learn more about injury prevention, contact Darien Physical Therapy today.

One of our dedicated physical therapists would be happy to meet with you for a consultation and discuss how our different programs can help you remain active and pain-free!

Sources:

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**Take responsibility for your pain & get the help you need today!**

*Scan the QR code to schedule your appointment!*

# FULL TIME PHYSICAL THERAPIST NEEDED AT DARIEN PHYSICAL THERAPY SPORTS & FITNESS

## About Us

Darien Physical Therapy Sports & Fitness, located in Darien, CT, specializes in orthopedics and sports medicine. We are a privately owned company that has been serving our community for 38 years. Our team is a motivated and close-knit group of fun and focused people who bring out the best in each other and our clients.

## Mission

Darien Physical Therapy Sports & Fitness exists to help our clients get the most out of their bodies so they can Get Well and Stay Well.

## Who We Are Looking For

A health-conscious full and/or part-time orthopedic physical therapist with aspirations on leadership and camaraderie. We are looking for a PT who is excited about building his/her career in a progressive, 21st century style. New grads are welcome to apply.

Write us and let us know why you are a rockstar PT, why we will want to work with you, what your future plan is, and something personal and funny. Email: [info@DarienPhysicalTherapy.com](mailto:info@DarienPhysicalTherapy.com)



## HEALTH COACHING AT DARIEN PT

Are you interested in reaching a healthy weight, increasing your energy, gaining strength or sleeping more soundly? Are you working to alleviate pain, decrease inflammation or reduce your medications? Do you struggle with health conditions like type 2 diabetes or high blood pressure? Darien PT Health Coaching can help.

Call Darien Physical Therapy Center at (203) 655-6464 or email [HealthCoach@DarienPhysicalTherapy.com](mailto:HealthCoach@DarienPhysicalTherapy.com) today and schedule your free 30-minute health assessment with Darien PT Health Coaching.

## COVID-19 PRECAUTIONS



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](http://DarienPhysicalTherapy.com) today!