

A woman with long dark hair in a ponytail, wearing a grey and black athletic top and black leggings, is stretching her right leg on a paved track. She is wearing a white wristband on her right wrist and a blue and black armband on her left arm. The background shows a sunset over a line of trees.

SAY "NO" TO THE KNIFE

HOW YOU
CAN AVOID
SURGERY
AFTER A
SPORTS
INJURY



SAY "NO" TO THE KNIFE

How You Can Avoid
Surgery After a
Sports Injury

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get you back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call Carolina Prime today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

WHAT ARE THE MOST COMMON SPORTS INJURIES?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physical therapists will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND A STRAIN?

SPRAINS

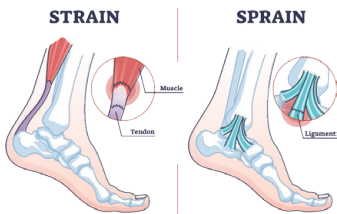
A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone.

These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

STRAINS

A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching.

The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.



HOW PT CAN HELP WITH A SPRAIN OR STRAIN INJURY

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4732399/>; <https://pubmed.ncbi.nlm.nih.gov/24105612/>; <https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics>

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an "active recovery" to assist the athlete's return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

WHAT YOU CAN EXPECT IN PHYSICAL THERAPY

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional strategies for injury prevention:

- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
- Foam rolling is an effective way to warm up tissue without negatively affecting performance.
- Strength training can keep the joints supported and the muscles and tendons resilient.
- Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
- Hydration is essential for recovery and injury prevention.

Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

CONTACT US FOR AN APPOINTMENT

At Carolina Prime, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.



Scan to book
an appointment!



Healthy Recipe

COCONUT APRICOT ENERGY BALLS

- 1 1/2 cups dried apricots
- 1/4 cup unsweetened shredded coconut (plus extra for rolling)
- 1/2 tsp vanilla extract
- 1 cup raw cashews (can sub blanched almonds or macadamia nuts)
- 2 tsp brown rice syrup
- pinch of salt

Add all of the ingredients to a food processor and pulse until everything is mixed together. You should be able to easily press the mixture between your fingers to form a sticky dough. Scoop out 1 tbsp at a time of the mixture and use your hands to roll into a ball, then dip each ball into a plate of shredded coconut. Place in the fridge for at least 2 hours to set.

Sources: <https://choosingchia.com/coconut-apricot-energy-balls/>



WHO DO YOU KNOW?

We are searching for a Physical Therapist who prides themselves on accepting new challenges and has a strong desire to help others. Our focus is on delivering exceptional results and services, learning new techniques, advancing our capabilities, and of course, having an exceptional team environment! Our expanding practice provides ample opportunities for further education and career advancement. Do you know someone who would like to be part of our team? Refer them to our website carolinaprimept.com to submit an application today!

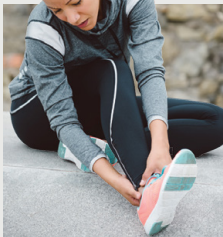


HAVE YOU MET YOUR DEDUCTIBLE?

DO YOU HAVE A FAMILY INSURANCE PLAN OR HSA?
HAVE YOU HAD SURGERY THIS YEAR?
HAVE YOU USED YOUR INSURANCE MORE THAN USUAL?

If you answered YES, you are more likely to have met your insurance deductible for the year and have a \$0 balance remaining in your out-of-pocket expenses. This means **the cost of physical therapy could be minimal or even completely covered by your insurance plan.** Now is the time to come in for physical therapy! Are you feeling aches and pains? Let us help you get a head start on a pain-free 2024.

Call us today! We'll guide you to affordable treatments that will place you one step closer to pain relief.



DO YOU HAVE A SPORTS INJURY?

Stop trying to deal with it alone at home. Icing it will only go so far! Our therapists are highly trained movement specialists. Through physical evaluations, they will be able to decide the best treatment plan for your specific needs.

Contact Carolina Prime today to schedule an appointment and get back in the game!

Patient Success Story



Amazing staff! I worked with Scott (a little) and Anna. I am no longer in pain and can enjoy sports again. They are super kind, approachable, full of good humor and good advice, very creative and very professional. Great music playing in the background. I had a great experience and highly recommend them."

— Laura C.



Scan the QR code to leave us a Google review!

Don't let pain keep you from what you love doing!

Come Back to PT!
336.281.9190
carolinaprimept.com



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