



**MARCH 2022**

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With Apex Physical  
Therapy

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PTA

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# **NEWSLETTER**



# **HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY**

## 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 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 participate 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 Apex Physical Therapy 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 for people seeking 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 therapist 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 return to sports rather than waiting to do nothing or hope 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.





# STAY IN THE GAME WITH APEX PHYSICAL THERAPY

**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 PHYSICAL THERAPY 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.

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 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 CAN YOU 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 Apex Physical Therapy, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

[www.apexphysicaltherapyllc.com](http://www.apexphysicaltherapyllc.com)

*READY TO TAKE YOUR  
HEALTH TO THE NEXT LEVEL?*

**CALL US TODAY!**

**MERRILLVILLE**  
(219) 525-4815

**VALPARAISO**  
208-344-2525

**MICHIGAN CITY**  
(219) 809-9134

[WWW.APEXPHYSICALTHERAPYLLC.COM](http://WWW.APEXPHYSICALTHERAPYLLC.COM)

# STAFF SPOTLIGHT



**Aaron Rivera, PTA**

Aaron was born and raised in Northwest Indiana. His interest in PT and health & wellness began when he was 12. His father injured his arm on the job and had to do some therapy. He was intrigued by the techniques used to get him better.

After high school in 1998, he moved to Milwaukee, Wisconsin in 2002 where he worked various labor jobs

and returned to school in 2005. He graduated from Milwaukee Area Technical College in 2007 with an Associate Degree in Applied Science in the Physical Therapist Assistant program.

After years of experience and working with many different therapists and clinicians, he has been able to help many people recover and heal. He is currently studying to become a Licensed Clinical Massage Therapist at The Soma Institute of Chicago to further advance his knowledge, manual skills and specialization. He has a wonderful, loving and supportive family that allows me to make the sacrifices necessary for their well being and healthy living.

# PATIENT TESTIMONIAL



"Apex has been helping me so much with excellent therapy. They helped me correct issues I wasn't able to get corrected at other local therapy clinics because they don't devote their attention to the patients. I felt lost in the middle of their pizza party but at Apex, I get personalized one on one attention.

Sean was able to fix the lump where my surgeon told me he couldn't correct the lump on my heel and I couldn't wear certain shoes. I've been helped so much I don't feel much pain anymore.

I am excited to start my wellness program here now that I've graduated my therapy program. I am excited that my body strength will return with their guidance to fit my personal needs." — **Gwen C.**



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