



IS YOUR CHILD
PREPPING FOR BACK-
TO-SCHOOL SPORTS?
PT CAN HELP!



ACCESS PT RIGHT AT YOUR FINGERTIPS!

Subscribe to our digital newsletter >> Visit loudounpt.com/newsletters
and scroll down to enter your email address.

INSIDE:

- Staff Spotlight
- Injury Prevention With Physical Therapy
- 5 Ways To Invest In Your Health



IS YOUR CHILD PREPPING FOR BACK-TO-SCHOOL SPORTS? PT CAN HELP!

Before we know it, it'll be autumn. The kids are returning to school and returning to sports, and it's time to make sure they're in the best condition possible to do both of those!

If you have a child heavily involved in athletics, you know that one thing is for sure: the risk of injury comes with physical activity. Loudoun Physical Therapy strongly encourages student athletes prepping for fall sports such as cross country running, football, and soccer, to visit one of our skilled physical therapists as they prepare their bodies for the playing season!

Making sure your child's body is strong, stable, and prepped for the game is vital to maintaining high performance. Preventing injuries is key to having a fun, safe playing season.

Request an appointment at our clinic today to learn about how our physical therapists can help your student prep for the transition back to school and the field.

How Can A Physical Therapist Help Athletes Prepare For Fall Sports?

For young athletes, practicing the sport they love while in school is extremely important to their overall health and wellbeing. Their heart rate rises, their blood flows, and their muscles get a much-needed workout.

However, you should be looking for ways to help your child prevent sports injuries this season if they're about to jump back out onto the field. Physical therapy is a great way to do that! A physical therapy conditioning program can increase an athlete's fitness level, prepare them to transition back into playing games regularly, and help them make the most of this season.

Physical therapy helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physical therapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury.



We would like to see you again!
Scan the QR code to visit loudounpt.com and
schedule your appointment today!

INJURY PREVENTION WITH PHYSICAL THERAPY

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

Both strains and sprains are common in sports that require high impact in the wrists, elbows, and shoulders.

Sprains are extremely common in sports. Your bones are connected to one another by ligaments. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is more likely that the affected area will be sprained again in the future.

Strains, or pulled muscles, are often mixed up with sprains. They're two different injuries, however! Tendons connect your muscles and bones. A strain or "pulled muscle" can occur when a tendon is stretched beyond its limit. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future.

Some other common injuries that we treat in athletes at Loudoun Physical Therapy are as follows:

- Muscle tears
- Bone fractures
- Hamstring strain
- Tennis or golf elbow
- Frozen shoulder
- Hip flexor strain

One great aspect of physical therapy at Loudoun Physical Therapy is that it can help your athlete to prevent sustaining a sports injury in the fall.



Receiving physical therapy before they begin playing this fall could make all the difference in how ready their body is to be out on the field or court.

If your child sustains an injury while playing sports, one of our certified physical therapists will conduct a thorough evaluation to diagnose their injury.

Afterward, a personalized treatment plan will be designed for them based on the specific needs of the diagnosis and any additional symptoms they are experiencing. Our clinic also provides performance enhancement sessions to teach them the techniques they need to prevent future sports injuries!

Request An Appointment Today

At Loudoun Physical Therapy, we make it our top priority to encourage healing and injury prevention for our patients. We understand how important back-to-school sports are for many young athletes, and our therapists do their very best to ensure our patients can get through their playing season without a hitch!

Do you have an athlete prepping for fall sports? Call us today to learn more about how physical therapy can prepare them for their best season yet!



We would like to see you again!
Scan the QR code to visit loudounpt.com and schedule your appointment today!



PHIL MANLEY, PHYSICAL THERAPY TECHNICIAN

Phil graduated from Brockport College with a bachelor's in Exercise Science. He has worked as a personal trainer and has his ACSM-Exercise Physiologist certification. He enjoys long-distance running, working out, and listening to podcasts. He looks forward to seeing the progress made in Loudoun Physical Therapy's patients and playing a role in their recovery.

We are wishing Phil well as he moves on to the next step in his professional journey!

To learn more about our entire team and how we can help you, visit us online at loudounpt.com/about/our-team today!

SCHEDULE YOUR APPOINTMENT
[LOUDOUNPT.COM/NEWSLETTER-REQUEST-APPOINTMENT](https://loudounpt.com/newsletter-request-appointment)



5 WAYS TO INVEST IN YOUR HEALTH TODAY

1. Make Sure To Eat Healthy.

Eating healthy doesn't mean you have to stay away from all sweets and salty snacks, it just means being smart about your food choices. Try swapping out your burger for lunch for a healthy meal of salmon and asparagus and buy less sugary snacks at the grocery store.

2. Exercise Regularly.

We all have unique bodily compositions. You don't have to work out so hard that you pass out! Find a workout that raises your heart rate as much as feels comfortable for you. In this sense, exercise turns into medication.

3. Get To Sleep At A Decent Hour.

Everywhere we look nowadays, there's a glow of blue light glaring back at us. Try to put your phone down and turn your television off in the evenings so your mind and body have a chance to slow down and get ready for sleep. Staying up until two in the morning is setting your body up for exhaustion. If you must have a light on at night, Harvard Health suggests "[using] dim red lights for night lights. Red light is less likely to shift circadian rhythm and suppress melatonin."

4. Have A Primary Care Physician.

Shockingly enough, many people do not have primary care physicians! When they don't feel good, they turn to express medical centers (which can be quite pricey and time consuming) for help. Having a primary care doctor is a good way to keep all of your medical history in one place. You can also have a "go-to" office to call when you're in need of referrals for specialists.

5. Pay Attention To Your Mental State Of Being.

Being healthy is about more than just your physical state. Your mental and emotional wellbeing are important as well. Investing in your health means investing in all aspects of your body, and if you're struggling with anxiety or depression, it could benefit you to see a counselor.

Sources:
<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

WHAT IS A TELETHERAPY VISIT?

Teletherapy is PT from the comfort of your home. It is a remote, one-on-one Telehealth visit that is performed by our skilled physical therapists on a computer, connected to the Internet.

During your visit, you will receive:

- Movement Evaluation to determine your problem
- Education on why you are hurting and how to prevent it from reoccurring
- Exercise prescription to meet your specific needs

This physical therapy option is convenient and accessible from the comfort of your home!

**CALL AND SCHEDULE YOUR
APPOINTMENT TODAY!**

Leesburg:
(703) 443-6700

Lansdowne:
(703) 858-9880

LOUDOUNPT.COM

 **Loudoun**
Physical Therapy
Expert care for life-changing results.