



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

ALSO INSIDE

**Don't Let Pain
Sideline You**

**Exercise
Essentials**

**Healthy
Recipe**

**Patient Success
Spotlight**

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 Element 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 Element 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.

**DISCOVER HOW OUR TEAM OF SPECIALISTS
AT ELEMENT PHYSICAL THERAPY CAN GET
YOU MOVING PAIN-FREE AGAIN!**

(406) 543-7860



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, Element 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!

DISCOVER HOW OUR TEAM OF SPECIALISTS CAN GET YOU MOVING PAIN-FREE AGAIN! GO ONLINE OR CALL US TO SCHEDULE AN APPOINTMENT TODAY.

(406) 543-7860

FEATURED TREATMENT

SAY GOODBYE TO ACHES AND PAINS WITH ULTRASOUND

Did You Know Ultrasound Could Be Used for Pain Relief?

Have you heard of ultrasound treatments? Ultrasound is a specialized method of physical therapy that uses mechanical energy to promote the healing process.

Ultrasound can help you heal, no matter what aches or pains you may be experiencing.

It can be used as a way to manage or relieve pain, treat injuries, and improve your ability to perform daily activities.



If you are suffering from pain or a recent injury, ultrasound treatments may benefit you.

Contact Element Physical Therapy today to find out more about our ultrasound services and how they can aid you in your recovery process.

PATIENT SUCCESS SPOTLIGHT

"Amy Downing was able to treat my problem and rid me of my pain"

"I had a terrible pain in my arm from a sports injury. It was near impossible for me to fully extend my arm from my shoulder to my wrist. It hurt to even pick up light objects. In just a few treatments, Amy Downing was able to treat my problem and rid me of my pain. She also provided me with at home exercises to continue therapy on my own. Her professionalism and sincere concern for my situation sets her and the Element Physical Therapy team apart from any other pain relief center I've even been to. I highly recommend them. - Peter L.

STAFF SPOTLIGHT

Julie Kightlinger, PT, DPT, OCS

Julie earned her Doctorate in Physical Therapy (DPT) in 2015 from the University of Montana. Since that time, Julie has continued to expand her knowledge as a physical therapist through continuing education courses. Julie is a Certified Clinical Specialist in Orthopedic Therapy (OCS) through the American Board of Physical Therapy Specialties and a Certified Manual Physical Therapist (CMPT) through the North American Institute of Orthopedic Manual Physical Therapy. In addition, Julie has received specialized training in Trigger Point Dry Needling for Craniofacial, Cervicothoracic, and Upper Extremity conditions and is a certified provider of LSVT BIG therapy.

Julie enjoys working with wide variety clients including those with orthopedic and vestibular conditions. Julie received her undergraduate degree in Marine Science in St. Petersburg, Florida and worked as a Fisheries Biologist for a number of years. In her free time, Julie enjoys hiking, camping, running, gardening, and spending time with her husband and two children.



A NOTE FROM AMY

Hello Friends,

I wanted to thank you all for supporting us during our relocation transition. It is never easy to change and try to find a new business, especially when you are not feeling well. I am happy to report we now have 6 vestibular and orthopedic trained physical therapists ready to help you.

Don't forget to ask about our 4D treadmill while you are here.

Element PT is now offering hearing tests, hearing aid sales and other audiology testing thanks to our new audiologist, Kinzee Hubachek, AuD, CCC-A. Kinzee is relocating from Colorado. We are growing in order to address all of your needs under one roof. Call for an appointment today!

All the best,

Amy Downing,

PT, Owner, Vestibular Specialist



Schedule Your Consultation Today!
(406) 543-7860



HEALTHY RECIPE

ARUGULA, GRAPE, AND SUNFLOWER SEED SALAD

INGREDIENTS:

- 3 tablespoons red wine vinegar
- 1 teaspoon honey
- 1 teaspoon maple syrup
- 1/2 teaspoon stone-ground mustard
- 2 teaspoons grapeseed oil
- 7 cups loosely packed baby arugula
- 2 cups red grapes, halved
- 2 tablespoons toasted sunflower seed
- 1 teaspoon chopped fresh thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

DIRECTIONS: Combine vinegar, honey, syrup, and mustard in a small bowl. Gradually add oil, stirring with a whisk. Combine arugula, grapes, seeds, and thyme in a large bowl. Drizzle vinegar mixture over arugula; sprinkle with salt and pepper. Toss gently to coat.

EXERCISE ESSENTIALS

Try this simple exercise to strengthen your core.

QUADRUPED ALTERNATE ARM

While on your hands and knees, slowly raise up an arm out in front of you. Then slowly raise the opposite leg behind you, while keeping your back straight. Hold for 10 seconds then repeat 3 times on both sides.

