



THE PROACTIVE APPROACH

Physical Therapy's
Vital Role in Injury
Prevention

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7 Easy Ways To Prevent
Injuries On Your Own



THE PROACTIVE APPROACH

Physical Therapy's Vital Role in Injury Prevention

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 Element 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 Element 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 AND 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 in 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.

STRAIN



SPRAIN



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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.

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.

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 Element 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!



Call today to make your appointment
(406) 220-5362

HEALTHY RECIPE

APPLE PIE CHIA SMOOTHIE

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

<https://hellaglow.ca/fall-smoothies/> Photo by Ana Stanciu



- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoons chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

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:

- 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.

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

\$20 OFF ANY MASSAGE

Release that muscle tension and work out that stress with a massage from Element Physical Therapy.

Offer good through October 31, 2023.

CALL TODAY FOR YOUR APPOINTMENT!
(406) 220-5362



STAFF SPOTLIGHT



Katie grew up in Mt. Shasta, CA where she developed a love for small mountain towns and the community that comes along with it. She went to the University of Portland where she earned her Bachelor of Science in Biology. She took two years off and worked as a physical therapy aide

and receptionist for a clinic in Portland, OR. Katie went on to receive her Doctorate of Physical Therapy from the University of Montana.

Throughout her education she started to pursue a focus in neurorehabilitation and vestibular care. Katie employs a patient-centered approach that focuses on the patient's unique needs and goals. She is certified in LSVT-BIG, a specialized approach designed to enhance movement for individuals with Parkinson's Disease. She is deeply committed to improving the lives of her patients by maximizing their functional independence.

Outside of work Katie enjoys hiking and biking around Missoula's beautiful trails, seeing live music and working on sewing projects.



A NOTE FROM AMY

An Ounce of Prevention

Hello friends,

You've probably heard this Benjamin Franklin quote: "An ounce of prevention is worth a pound of cure." Franklin was talking about preventing fires, but the saying also applies to musculoskeletal injuries!



Most people visit our office after they've been injured. But have you ever considered scheduling an appointment when everything's seemingly just fine? Our therapists can identify issues in your body you might not even be aware of:

- Muscular imbalances
- Improper gait or other faulty biomechanics
- Postural issues
- Lifestyle factors (such as prolonged sitting or not working in an ergonomic environment)

By correcting these issues now, before they cause pain or dysfunction, you can avoid injuries later on—including the lengthy and often expensive rehabilitation that goes with them.

Ready for your ounce of prevention? Schedule a physical therapy check-up at Element Physical Therapy today!

All the best,

Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist

COME BACK TO PT!

ARE YOU IN PAIN?

Come Back to Element Physical Therapy and Audiology today to start enjoying life pain-free!



**Call (406) 220-5362
OR Scan the QR code below
to make an appointment.**

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COME BACK IN FOR PT!**

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APPLE PIE CHIA SMOOTHIE

RECIPE INSIDE

