



# HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY

[www.taylor-rehab.com](http://www.taylor-rehab.com)

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## 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 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 one bone with another bone is stretched or torn. Those connective tissues are known as ligaments. Sprains are caused by trauma such as a fall or a 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 over stretching. 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 IT (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 a 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 Taylor Rehab Physical Therapy can treat these 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 physical therapists at Taylor Rehab 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 suffer from an old injury, it is important to have it evaluated by our physical therapists to prevent longterm damage. **If you have sports or orthopedic injuries like tendonitis, arthritis, a sprain or low back pain, our therapists can design a treatment plan to promote improved function and minimize the risk of re-injury.**



1. Feel free to call us and ask to speak to your therapist.



2. Your therapist will tell you the possible causes of your pain as well as precautions you can take at home.



3. If further assessment is warranted, your therapist might recommend that you come in for an appointment.

**Call Taylor Rehab**  
to talk with your  
physical therapist  
today!



## Upcoming Free Workshop



### Free Rotator Cuff Workshop

**When:** Saturday, August 7<sup>th</sup> at 10:00 AM

**Where:** 167 Gateway Blvd. Mooresville, NC 28117

*At the workshop you will learn how to get back to normal naturally without medications, injections or surgery!*

Register today by visiting  
[www.taylorrehab.ptworkshops.com](http://www.taylorrehab.ptworkshops.com)

\*Limited spots available

## Mind Exercise: Sudoku

		4	5	1				2
1			7					
	7			3	6	5		
					9		5	
	2	1				9	6	
	5		1					
		8	6	5			7	
					3			8
7				8	1	4		

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box.



Did you know you can follow us on our Facebook, Twitter, or Instagram page to stay up-to-date with what's going on in our clinic?

## Staff Spotlight | Dr. Robert "Bobby" Calhoun



Dr. Robert "Bobby" Calhoun grew up in Sparta, North Carolina. He joined the Taylor Rehab team in June, 2020. He recently returned to North Carolina from California after completing a Residency and Fellowship program in Orthopedic Manual Therapy. He has always been involved in sports and athletics as a multi-sport athlete and developed a love for strength and conditioning. Powerlifting is his life-long hobby. He appreciates the unique blend of physical therapy, human biomechanics, and exercise that goes into the process of strength training.

To learn more about our entire team and how we can help you, visit us online at [taylor-rehab.com/our-team](http://taylor-rehab.com/our-team) today!

# Return To Sports Quicker With Physical Therapy

An injury can really get in the way of playing sports competitively or even significantly interfere with your ability to exercise for health and wellness purposes. Many of the physical therapists at Taylor Rehab have a sports background, significant clinical and on-field experience as well as a passion for treating athletes. Early and appropriate intervention may be the difference between resolving an injury in a timely manner or having it develop into a chronic and nagging problem.

A few highlights of our staff include collegiate and professional tennis, collegiate and professional basketball, collegiate baseball, collegiate club soccer, athletic training, cross fit, running and powerlifting. We can handle anything from the weekend warrior's aches and pains limiting their activity to the high-level athlete wanting to return to competitive sport. In the unfortunate event surgery is required we are also skilled at post-surgical rehab.

Some of the tools we use at Taylor Rehab to accelerate the healing process are Class 4 Deep Tissue Laser as well as dry needling, electro-dry needling, Graston technique and cupping. These modalities can be used for treating the inflammatory component of the injury and helping to decrease pain. This can speed up recovery and allow earlier tissue loading and appropriate use of exercise for recovery.

Class 4 Laser therapy has revolutionized treatment in the professional sports world including NBA, NFL, MLB, NHL, MLS and USA Cycling and Olympic Athletes. It is a medical treatment using a specific wavelength of light to cause photobiomodulation within the cell. This produces a cascade of cellular events to ultimately lead to decreased pain and inflammation. Class 4 laser is FDA approved to treat pain, inflammation and improve circulation.

Dry needling is another common procedure used in the treatment of sports injuries. It uses a fine needle insertion to facilitate healing, reduce pain and muscle tension. It also helps improve blood flow to flush out chemical irritants produced by tissue injury that tend to cause pain.

After the pain component of an injury is under control then your therapist can prescribe appropriate exercises to be done both in the clinic and at home to help fully recover and return to sport. This will help with tissue remodeling, making sure the injured joints are appropriately stabilized as well as making sure the appropriate muscles are firing for optimal performance. This can help both successful and safe return to sport as well as decrease the likelihood for developing a recurrent and nagging injury.

**If you have an injury that is limiting your physical activity or performance, give us a call and we would be happy to help!**

## Covid-19 Precautions



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



WE ARE CHECKING THE TEMPERATURE OF EACH PATIENT



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS



OUR CLINICIANS HAVE BEEN VACCINATED

## Did You Know?

*We Can Also Treat:*

- Arthritis
- Back Pain
- Balance
- Chronic Pain
- Dizziness
- Headaches
- Hip & Knee Pain
- Neck Pain
- Neuropathy
- Pelvic Health
- Sports Injuries
- Work Injuries

## Spinach & Egg Sweet Potato Toast

### INSTRUCTIONS

- 1 large slice sweet potato ( ¼ inch thick)
- 1/3 cup cooked spinach
- 1 large egg, fried or poached
- ½ teaspoon sliced fresh chives
- ½ teaspoon hot sauce

### DIRECTIONS

Toast sweet potato in a toaster or toaster oven until just cooked through and starting to brown, 12 to 15 minutes. Top with spinach, egg, chives and hot sauce.

**For more tips on how you can better your health, visit our blog online at [taylor-rehab.com/health-blog](https://taylor-rehab.com/health-blog) today!**

