

# NEWSLETTER

## DID YOU KNOW?

### MARCH IS LYMPHEDEMA AWARENESS MONTH!



Lymphedema refers to fluid build-up that would normally drain naturally through the body's lymphatic system. It is typically a result of cancer treatments or any trauma that causes damage to a person's lymph nodes. If the fluid does build, it causes painful swelling. Lymphedema is one of the most feared consequences of cancer treatment among survivors, but it does not have to be a scary diagnosis. Early detection is key and the proper treatment is extremely effective.

Dr. Payton McWilliams is a certified lymphedema therapist who specializes in upper extremity lymphedema as well as general therapy for all types of cancer. We have specialized programs for every stage of cancer treatment, recovery, and survivorship. **Call 373-2116 to schedule an appointment with Dr. P or email [samantha.ream@requestphysicaltherapy.com](mailto:samantha.ream@requestphysicaltherapy.com) for more information.**

# NEWSLETTER

## PHYSICAL THERAPY CAN HELP YOU GET READY FOR SPRING SPORTS

Are you wondering how to prepare yourself for the spring sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the warmer season will come, and so will spring sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the spring sports season. At ReQuest Physical Therapy, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in track and field, volleyball, baseball/softball or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season!

Request an appointment to get our team to help you get ready to compete!

### How physical therapists help athletes prepare for spring sports.

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether



**COME BACK!**

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**ReQuest**  
PHYSICAL THERAPY

Take your health to another level! Schedule an appointment at a location nearest to you.

Offer expires 03/27/22

competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

# INJURY PREVENTION WITH PHYSICAL THERAPY

One significant aspect of physical therapy at ReQuest Physical Therapy is that it can help you prevent an injury this spring. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse. Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to be sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition. Receiving physical therapy before you begin playing this spring could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them



thoroughly. As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

**Request an appointment at ReQuest Physical Therapy today.** At ReQuest Physical Therapy, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport. Are you an athlete preparing for spring sports? **Call us today to learn more about how physical therapy can get you geared up to have your best season yet!**

Sources: <https://delfamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>  
<https://link.springer.com/article/10.1007/s40279-019-01232-4>

**CALL GAINESVILLE: (352) 747-9992 OR TIOGA: (352) 670-3461 TODAY TO SCHEDULE AN APPOINTMENT!**

## FENNEL FRONDS PESTO

*TASTE HOW DELICIOUS WEIGHT LOSS CAN BE*

### INGREDIENTS

- 1 – 1 1/2 cups raw pecans (or walnuts)
- 1-2 garlic cloves
- 3 cups loosely packed fennel fronds
- 1/2 tsp. Sea salt
- Juice of 1 lemon
- Optional: water or olive oil by tablespoon for desired consistency

### DIRECTIONS

In food processor or blender, add all ingredients. Blend slowly, scraping sides as needed. You may need to pulse unit at first. Add more lemon juice or water to bring to desired consistency. Store in re-sealable container in the fridge or freeze in ice cube trays for later use.

*This is one of the many complementary recipes shared in our healthy lifestyle program, Physicians' Choice for Weight Loss.*



# Child Athlete Myths



## Fact or Myth: Weight training is dangerous for children.

**MYTH!** Studies have been conducted in the last 10 to 20 years indicating that lifting weights as a child is not only safe but is actually very good for growth and development. However, it is necessary for children to be under qualified adult supervision to ensure proper weight and technique is used.



## Fact or Myth: Children should play sports year-round and do not need an off season.

**MYTH!** To preserve a child's long-term health and ability to continue playing sports, it is best to set aside at least one season for rest and recovery as rest is a huge factor in both skill acquisition and injury prevention.

## Fact or Myth: Children should specialize in a singular sport if they want to become a professional athlete.

**MYTH!** In fact, research studies have found that over 80% of current Division 1 football scholarship recruits played at least 2 sports in high school. Additionally, high levels of specialization in sports are associated with a history of injuries, independent of age, sex, and sport volume.



## FUN & GAMES

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

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1. Open your smart phone to the camera app
2. Center the QR code above in the frame  
*(this will take you directly to our Patient Results page)*
3. Tell us how we've done! Click on the "Review Us" button on the top of the page.



[requestphysicaltherapy.com](http://requestphysicaltherapy.com)

LEVEL UP YOUR HEALTH!

# SCHEDULE AN APPOINTMENT

Are you in pain?  
Have you sustained an injury?  
Give your physical therapist a call today!

**GAINESVILLE: (352) 747-9992**  
**TIOGA CENTER: (352) 670-3461**

ReQuest  
PHYSICAL THERAPY

# SPRING SPORTS STRENGTH & CONDITIONING & INJURY PREVENTION

By: Penny Goldberg, PT, DPT, ATC

Board-Certified Clinical Specialist in Sports Physical Therapy

Repetitive motion is the nature of the game when it comes to spring sports. Participating in baseball, softball, tennis, swimming, and track & field can be a ton of fun but these sports also expose athletes to overuse injuries through repeated stresses on the musculoskeletal system (read: your body). Tens of millions of children and teenagers play organized sports. A study of [pediatric injury rates](#) found nearly 87,000 injuries in baseball and over 50,000 injuries in softball. Youth runners are also at risk with [over 50% reporting a running-related injury](#). Overuse has been identified as the most common health problem in [junior tennis players](#) and swimmers. It has been reported that elite swimmers can swim as many as [nine miles](#) a day! With more pressure than ever to specialize in one sport, youth athletes often find themselves playing for multiple organizations and competing all year round- especially in Florida where we can almost always be outside! Regardless of sport, these athletes often have muscle soreness and may develop overuse injuries. If these overuse conditions aren't managed properly, they can lead to more serious injuries down the road.

**Overhand/Throwing Sports Injuries.** Overhand-dominant and throwing athletes most often have injuries to their shoulder. Injuries to the shoulder can be overuse injuries like tendinitis and bursitis or more acute conditions such as sprains, strains, or labrum tears. Tendinitis may also occur in the elbow along with sprains or strains to the forearm muscles or elbow ligaments.

**Overuse injuries.** Overuse injuries may make it impossible to play let alone perform at their highest level. Physical therapy, even before injury, can help establish an exercise program that maximizes injury prevention and performance. A well-designed program will address rotator cuff, scapular stabilizer, and lower body strength as well as flexibility and mobility. In athletes, injuries don't discriminate between the upper and lower body. Athletes have reported injuries to their shoulder, elbow, wrist, hip, knee, ankle, and trunk. Tendon injury is also common as it can affect the muscles of the rotator cuff, forearm, and front and back of the thigh. Wrist, ankle, and knee sprains are also quite common as are strains to the groin, thigh, and upper/middle/lower back. "Breaststroker's knee" has even been identified as a potential career ending injury! A sports physical therapist can help you establish a program that focuses on mobility and stability while maximizing your strength and power.

**Track and Field Injuries.** Track and Field athletes can have three types of injury: acute (sudden), acute on chronic (new aggravation of an established injury), or chronic (overuse) injury. Acute injuries may be fractures, sprained or torn ligaments, or muscle strains. Stress fractures, ligamentous laxity (general looseness), and tendonitis are examples of acute on chronic injuries. Chronic injuries such as patellar tendinitis or plantar fasciitis usually occur when there is a training error (too much, too soon, or too often).

**Overuse injuries.** Overuse injuries in track and field may include patellar tendinitis, medial tibial stress syndrome (shin splints), shoulder labrum tears, hip flexor

strains, hamstring strains, rotator cuff injury, plantar fasciitis, ankle sprain/fracture, or posterior tibialis tendinitis. A well-designed program will address flexibility and mobility of the hip, knee, and ankle as well as abdominal (core) strength. Developing and maintaining strength and endurance over the course of the season can help you take full advantage of your power during competition.

**When to seek Physical Therapy or Medical Attention.** Any athlete who has pain or soreness that lasts **more than 48 hours** should **seek physical therapy or medical attention**. It doesn't take long (less than 48 hours!) for weakness and imbalances to occur and both may lead to increased risk factors when the athlete gets back on the field or track.

## Causes of Injury

- Overtraining
- Lack of rest/recovery periods
- Poor mechanics
- Poor specific pitch technique
- Poor shoulder/elbow/wrist flexibility and strength
- Decreased hamstring or quadriceps flexibility and strength
- Poor hip flexibility and strength
- Poor abdominal strength/core stability

## Injury Prevention

- Warm up properly.
- Take part in preseason and in-season strength and conditioning programs.
- Give their body a chance to rest and recover. Rather than playing one sports all year-round, play multiple sports to engage different muscles and energy systems.

It's important that athletes know they shouldn't play through pain. They should feel comfortable approaching parents and coaches with concerns as pain may be a result of an underlying condition and continuing to play could make things worse. If pain persists or an adolescent athlete plays year-round with minimal rest or recovery, a consultation with a sports physical therapist is recommended. Physical therapy can help develop a training plan that includes sleep, nutrition, rest, recovery, strength, and conditioning.

**Services We Offer.** Our team of experts at [ReQuest Physical Therapy](#) can evaluate and treat an injury to prevent more serious problems. Overuse injuries usually respond well to (relative!) rest without missing too much of the competitive season. After a period of rest, an athlete often needs physical therapy or rehabilitation to regain strength and flexibility in the affected area. ReQuest Physical Therapy can design a sport-specific stretching and strengthening program to help the athlete return from injury, improve form, and work to avoid injuries in the future. If surgery is needed, an athlete usually completes a sport-specific rehabilitation program afterward and can return to playing baseball safely with medical clearance.

**Contact Us.** To schedule an appointment with a Sports Physical Therapy expert, call (352) 747-9992.



## THERAPIST SPOTLIGHT

### PENNY GOLDBERG, PT, DPT, ATC

Penny is a Board-Certified Clinical Specialist in Sports Physical Therapy. She has extensive training in running gait analysis, biomechanics of the shoulder in overhead athletes, strength training for runners and youth athletes, post- surgical rehabilitation, and return to sport testing protocols.

Outside of the clinic, Penny enjoys traveling, cooking, concerts, and working out.

# Exercise Essentials

Try these exercises to keep you moving...

## LUNGE AND TWIST

Step forward with one leg. Bend your front knee as you allow your back leg to bend, and lower yourself until your forward knee is about 90 degrees. Once in this position, rotate your shoulders and torso until you feel a slight stretch in the core. Push through the heel of your lead foot and extend your hip and knee to raise yourself back up. Alternate between legs for two sets of ten reps on each side.

Strengthens lower body



## HEEL RAISE

Stand while holding a chair as shown. Slowly stand on your tip toes, lifting your heels as high as you can and hold the position. Then repeat to the starting position. Repeat 10 times.

Strengthens calves

Exercises copyright of  
 SimpleSet Pro  
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Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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