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NEWSLETTER



AVOID SURGERY AFTER A SPORTS INJURY

**IT'S EASY
TO LEAVE A
REVIEW**
(DETAILS INSIDE)

INSIDE: • Don't Let Pain Sideline You
• Healthy Recipe

• Home Exercise
• Patient Success Spotlight

15 CONVENIENT LOCATIONS TO SERVE YOU!

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NEWSLETTER

HOW YOU CAN AVOID SURGERY AFTER A SPORTS INJURY



Are you experiencing aches or pain? Have you sustained an injury? Schedule an appointment today!

CONTACT A CLINIC NEAREST TO YOU OR SCAN THE QR CODE TO SCHEDULE!



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 participating in a recreational sport. Sports injuries in this article are defined as injuries to the musculoskeletal system, including muscles, bones, and tissues such as cartilage. Some of the most common sports injuries include:

SPRAINS: A sprain occurs when a ligament is stretched or torn. Ligaments are strong and fibrous tissue that connect two or more bones together at a joint. Common causes of sprains are falling, twisting, or experiencing trauma to the joint. Ankles, knees, and wrists are most vulnerable to sprains. However, back, neck, and shoulder sprains are common too.

STRAINS: A strain occurs when a muscle or tendon is overstretched or torn. Strains are often non-contact injuries. A common symptom of a strain is a muscle spasm. A back or neck strain is a very common injury treated in physical therapy.

TENDONITIS: Tendonitis is inflammation or irritation of a tendon, which causes pain and tenderness just outside a joint. Tendonitis is most likely to stem from repetition of a particular movement over time.

KNEE INJURIES: According to the U.S. Department of Health and Human Services, the knee is the most commonly injured joint. 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). A sudden twist or bend of the knee in the wrong direction can cause a sprain or strain.

SHIN SPLINTS: The term shin splints refers to pain along the tibia or shin bone in the front of the lower leg. 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 Prairie Rehabilitation 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.

Our skilled physical therapists and occupational therapists at Prairie Rehabilitation 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 therapists to prevent long-term damage like arthritis. If you have sports or orthopedic injuries like tendonitis, strains, or low back pain, our therapists can design a treatment plan to promote improved function, wellness, and minimize the risk of re-injury.

YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY IN THE STATES OF MINNESOTA & SOUTH DAKOTA, YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY

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. 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 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 specific needs to prevent injury. If you do start to experience pain with activities, Prairie Rehabilitation can get you back to enjoying your activities pain-free. Call today to learn more about how our programs can help you feel great!

Preparing your body. It is important to do sports activities, exercise, and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- Stretch often
- Do strength training
- Do coordination training
- Do endurance training

SCHEDULE AN APPOINTMENT AT A CLINIC NEAREST TO YOU!

HOME EXERCISE

Strengthens legs

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 return to the starting position. Repeat 10 times.

 SimpleSet Pro
www.simpleset.net



This exercise is designed for pain prevention, call your therapist if you are experiencing any pain!

Prepare Your Body To Perform By Avoiding Injuries On The Field



1. Show up well-rested. You need energy to play sports, and you get energy from being well-rested. In fact, PubMed's study on basketball players shows that getting more sleep is shown to significantly improve speed, accuracy, reaction times, and mental well-being. Aim to get 8 hours of sleep every night. Avoid blue lights from your phone, laptop, or TV screen at least 2 hour before you get in bed.

2. Stay hydrated and maintain a healthy diet. Cutting out sugary and fatty foods is key here. Focus on eating lean meats, healthy greens, and choosing better snacks such as nuts, carrot sticks, or fruit. Carrying around a refillable thermos of water is a great idea too, as your body performs much better when it's well hydrated!

3. Show up to practice motivated to improve. Each time you practice, try to focus on improving different areas of your physical abilities, such as speed, your throw, or your swing. The better you get at your

sport or activity, the more motivated you'll be to keep improving.

4. Don't forget warmup and post-workout stretches. Warm up stretches are not optional, in fact, they help prevent you from injuring yourself with strains, sprains, and tears in your muscles, ligaments, or tendons! The same goes for post-workout stretching. Post workout stretches help your body to move excess lactic acid out of your muscles, which can prevent you from feeling sore.

Your physical therapist can assess your condition and pinpoint areas that need improvement. Oftentimes your pain is resulting from an underlying cause that isn't so obvious. Your therapist will be able to find and target that cause, with stretches and exercises aimed at helping you manage and eliminate your pain.

Source: <https://pubmed.ncbi.nlm.nih.gov/21731144/>



STAFF FEATURE



Michelle Albrecht, PT, first fell in love with southeastern South Dakota while attending Sioux Falls College to play basketball. After growing up in Montana, she majored in biology at SFC, now the University of Sioux Falls and USD. She received her Masters of Physical Therapy at Virginia Commonwealth University. After graduation she returned to the Sioux Falls area and has been a with Prairie Rehabilitation for 21 years.

MICHELLE ALBRECHT, PT
Physical Therapist

Michelle is the clinic lead at our busy Brandon location and especially enjoys helping patients recover after surgery

or trauma. Michelle has specialty education in many areas, including functional dry needling and women's health.

Michelle and her husband, Aaron, have 2 daughters, whom she loves supporting in their school and sports endeavors. Besides watching her girls' sports, she enjoys traveling, scrapbooking, and reading.

HEALTHY RECIPE



Rainforest Smoothies

INGREDIENTS

- 3/4 cup frozen mango chunks
- 3/4 cup frozen pineapple chunks
- 1/2 cup frozen chopped kale
- 2 cups reduced-fat milk or plant-based milk
- 2 tbsp honey

INSTRUCTIONS

In a blender, purée the ingredients until smooth. Divide between 2 glasses. Enjoy!

Source: <https://www.savoryonline.com/recipes/177717/rainforest-smoothie>

PATIENT SUCCESS SPOTLIGHT



"I've made more progress with Prairie Rehab than 2 years of working with foot doctors!"

"Troy was great help with my foot. He took the time to listen to my problem, suggested therapy that worked, and was very patient with all of my questions. Long story short - I've made more progress with Prairie Rehab than 2 years of working with foot doctors. My foot is almost "back to normal." Highly recommend this place. It's very clean, great hours and terrific staff!" - D.M.

IT'S EASY TO LEAVE A GOOGLE REVIEW!

INSTRUCTIONS:

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 Google Review Page)
3. Tell us how we did!



Central Sioux Falls



West Sioux Falls



East Sioux Falls



Sioux Falls (Primrose)



Brandon



Harrisburg



Hartford



Tea



Fulda



Worthington (Avera)



Luverne



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Rehab & Fitness - Worthington (Oxford)



Rehab & Fitness - Jackson