ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER



GET RELIEF FOR YOUR SPORTS INJURY AND

GET BACK IN THE GAME!

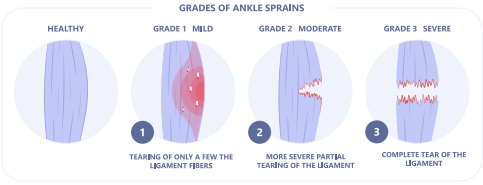
Thomas was an avid high school soccer player with dreams of making it to the college level. He trained hard and played even harder, but one misstep during a match changed everything. As he lunged for the ball, he felt a sharp pain in his ankle and crumpled to the ground. The diagnosis was quick but disheartening: an ankle sprain.

Fortunately, at Rocky Mountain Physical Therapy our therapists are skilled at identifying and treating all types of sports injuries. Our therapists will conduct a whole-body assessment to ensure we identify all the factors that may impact recovery and design our programs tailored to the individual.

Identifying an Ankle Sprain

At first, Thomas didn't know the severity of his injury. Like many, he thought he could just 'walk it off.' However, the key signs were there:

- Pain
- Swelling
- Difficulty putting weight on the foot



Ankle sprains occur when the ligaments that support the ankle stretch beyond their limits and tear. When Thomas landed awkwardly, he twisted his ankle in the process. Although ankle sprains are common in sports and often ignored, getting proper care is critical to quick recovery and reducing the risk of future injuries.

Unfortunately, too often, athletes don't want to miss out on competing and "play through" injuries. Ankle sprains, in particular, are susceptible to recurrent sprains, especially when not properly rehabilitated.

The Road to Recovery

Thomas's journey to recovery began with a visit to Rocky Mountain Physical Therapy. He was evaluated by one of our skilled physical therapists and given guidance on how to recover quickly and get back into the game!

Initial Steps

Initially, Thomas's therapy focused on reducing his pain, eliminating his swelling, and restoring his mobility. Thomas learned to keep moving his ankle, apply ice to reduce pain and use compression with elevation to reduce the swelling.

Building Strength and Stability

Once the swelling reduced, Thomas's therapy shifted gears towards rebuilding strength and stability. This phase included:

- **Strengthening Exercises:** Thomas worked on exercises to strengthen the muscles around his ankle. These included toe raises and resistance band exercises.
- **Balance Training:** To regain stability, Thomas practiced balancing exercises. This was crucial to prevent future sprains.

Regaining Functionality

The final phase of Thomas's therapy centered on getting him back to his pre-injury level and back on the field. This involved:

- **Functional Training:** Thomas gradually returned to activities that mimicked soccer movements.
- **Sport-Specific Drills:** As he regained strength, sport-specific exercises were introduced to prepare him for returning to soccer.

Through his recovery, Thomas also learned how to perform sport-specific warm-ups, the importance of sleep, and regular conditioning to prevent injuries.

Embrace The Recovery Blueprint and Get Back in Action!

Thomas's story is a reminder of the importance of addressing sports injuries with the guidance from our team at Rocky Mountain Physical Therapy. *Take the first step in healing your ankle sprain and returning to the sport you love by calling today to schedule an appointment!*

Request Appointment

Sources: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3103112/; https://pubmed.ncbi.nlm.nih.gov/29514819/; https://www.jospt.org/doi/10.2519/jospt.2021.0503

EXERCISE ESSENTIALS

ANKLE EVERSION BILATERAL

Relieve pain and improve range of motion

Start by sitting with your knees bent and your feet flat on the floor. Roll your ankles outward as if you are trying to turn the outsides of your feet up toward the sky. Allow them to turn back in. 10 reps, 3 sets.



PT WIRED
www.ptwired.com

Always consult your physical therapist before starting exercises you are unsure of doing.

ROCKY MOUNTAIN PHYSICAL THERAPY

BROOMFIELD
16677 Lowell Blvd, Unit 101
Broomfield, CO 80023
Phone: (720) 637-1131

CENTRAL FORT COLLINS
1307 E. Prospect Rd. Suite 120
Fort Collins, CO 80525
Phone: (970) 660-6766

GREELEY
6200 W. 9th St. Unit 5
Greeley, CO 80634
Phone: (970) 436-4617

JOHNSTOWN
111 S. West First St. Unit A
Johnstown, CO 80534
Phone: (970) 510-8261

LOVELAND
289 E. 29th St.
Loveland, CO 80538
Phone: (970) 436-4496

SOUTH FORT COLLINS
2121 E. Harmony Rd.
Building A1, Suite 310
Fort Collins, CO 80528
Phone: (970) 510-8262

THORNTON
9195 Grant St., Suite 100
Thornton, CO 80229
Phone: (720) 637-1167

WINDSOR
1159 Main St. Suite A
Windsor, CO 80550
Phone: (970) 579-7689

GREELEY (PEDIATRIC)
1931 65th Avenue, Suite C
Greeley, CO 80634
Phone: (970) 510-8275

WINDSOR (PEDIATRIC)
4650 Royal Vista Cir., Ste. 100
Windsor, CO 80528
Phone: (970) 510-8212

Visit Us Online www.rockymtnpt.com or Call Today!

HEALTHY RECIPE



SIMPLE ROASTED ASPARAGUS

- 12–16 ounces fresh asparagus (pencil-thin), woody ends trimmed
- 1–2 tablespoons olive oil
- 2 garlic cloves, finely minced or use a garlic press
- Salt and pepper to taste
- 1 tablespoon lemon zest
- a squeeze of lemon juice
- Optional Garnishes: grated parmesan, toasted slivered almonds or pinenuts, basil, flat-leaf parsley, chili flakes

Preheat oven to 400F. Toss the trimmed asparagus in a bowl with olive oil, garlic, lemon zest, salt & pepper. Lay spears out in a single layer on a parchment-lined sheet pan. Roast until just tender yet still vibrant green, about 15-25 minutes, depending on size and thickness, tossing halfway through. Once tender, toss with lemon juice. Taste and adjust salt. Add garnish of choice.

https://www.feastingathome.com/roasted-asparagus/#tasty-recipes-34982-jump-target

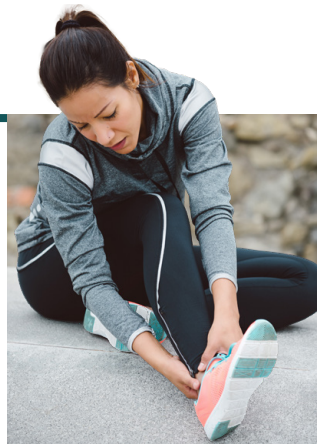
WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



REVIEWS

rockymtnpt.com



WHY ROCKY MOUNTAIN PT IS

THE KEY TO FULL RECOVERY AFTER A SPORTS INJURY

When recovering from a sports injury, time is of the essence, and seeing a physical therapist as soon as possible can be the pivotal factor that leads to a complete and successful rehabilitation. While many may consider these injuries a mere inconvenience, they can have long-lasting consequences if not treated properly from the start.

Here's some of the common problems with waiting to see one of our physical therapists after a sports injury:

- **Incomplete Healing:** Ligaments and tissues may never regain their full strength and stability, leaving you vulnerable to further injuries. The longer you wait to address the issue, the more challenging it becomes to recover fully.
- **Poor Rehabilitation:** Inadequate or improper rehabilitation is a common pitfall that leads to recurrent injuries. Without proper rehabilitation, you risk weakening the supporting structures, setting the stage for another injury.
- **Return to Activity Too Soon:** One of the biggest mistakes an athlete can make is rushing back into physical activities or sports before a full recovery. It's understandable to be eager to return to the game, but a premature return can lead to re-injury. Our physical therapists will guide you on when it's safe to resume your activities, ensuring you don't jeopardize your progress.

Your Road to Recovery Begins Now — Take Action Today!

When it comes to sports injuries, early intervention by one of our physical therapists is not just a wise choice – it's a game-changer. Their expertise and guidance can make all the difference between a complete recovery and a cycle of recurrent injuries.

Don't let an injury hold you back; call Rocky Mountain Physical Therapy today. Your future self will thank you!

ROCKY MOUNTAIN PHYSICAL THERAPY

Request Appointment