



**ARE YOU
AN ATHLETE
PREPPING FOR
FALL SPORTS?**

**PT CAN
HELP!**

ALSO INSIDE

- *Injury Prevention With Physical Therapy*
- *Make Your Cookouts Healthy*



ARE YOU AN ATHLETE PREPPING FOR FALL SPORTS? **PT CAN HELP!**

Before we know it, it'll be autumn, and with the cooler season will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury. **FitnessLab** strongly encourages athletes prepping for fall sports such as cross country running, football, and soccer, to visit one of our skilled physical therapists as they begin preparing their bodies for the playing season.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how our therapists can help you prep for your sport of choice this fall, as well as prevent sports injuries down the road!

How Can A Physical Therapist Help Athletes Prepare For Fall Sports?

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and physical therapy is a great way to do that! A physical therapy conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, physical therapy can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

Call FitnessLab today to learn more about how physical therapy can get you geared up to have your best season yet!



INJURY PREVENTION WITH PHYSICAL THERAPY

One great aspect of physical therapy at **FitnessLab** is that it can help you to prevent sustaining a sports injury in the fall.

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events. Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

Both sprains and strains are common in sports that require high impact in the wrists, elbows, and shoulders.

Sprains are extremely common in sports. Your bones are connected to one another by ligaments. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is more likely that the affected area will be sprained again in the future.

Strains, or pulled muscles, are often mixed up with sprains. They're two different injuries, however! Your muscles and bones are connected by tendons. When a tendon is stretched beyond its limit, a strain or "pulled muscle" can occur. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future.

Some other common injuries that we treat in athletes at **FitnessLab** are as follows:

- Muscle tears
- Bone fractures
- Hamstring strain
- Tennis or golf elbow
- Frozen shoulder
- Hip flexor strain

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court.

If you sustain an injury while playing sports, one of our certified physical therapists will conduct a thorough evaluation to diagnose your sports injury. Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!

Call FitnessLab Today

At **FitnessLab**, we make it our top priority to encourage healing and injury prevention for our patients. In addition to treating injuries, our physical therapists can help you improve range of motion, flexibility, strength, and overall function, in order to prevent additional injury from occurring.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

TO MAKE AN APPOINTMENT, CONTACT US TODAY AT 303.800.2829

GIVE US A SHOUTOUT!

We want to hear your success story! Use the links below to tell your PT story and leave your review. We look forward to hearing from you!

HIGHLANDS RANCH

GREENWOOD VILLAGE

GET CONNECTED!



MAKE YOUR COOKOUTS HEALTHY

WITH THESE ALTERNATIVES TO THE OLD STANDARDS



MAIN DISHES

Instead of greasy burgers, brats and hot dogs, try ...

- Meaty mushrooms marinated in equal parts olive oil, balsamic vinegar and lemon juice. You'll get immune-boosting nutrients in the mushrooms, vinegar and lemon juice. Plus, studies show that oleocanthal, one of the most concentrated anti-inflammatory compounds in olive oil, dampens the body's inflammatory process and reduces pain sensitivity with a pharmacological action similar to ibuprofen.
- Salmon with a splash of lemon and a sprinkling of savory summer herbs. Salmon is rich in omega-3s and vitamin D, both of which enhance joint health, boost immunity and protect against inflammation.

CONDIMENTS

Instead of ketchup (which packs 2 teaspoons of sugar per tablespoon) or mayo (which is relatively high in unhealthy fat), try ...

- Antioxidant-packed salsa or pico de gallo. Weighing in at just four to five calories per tablespoon, and zero fat, salsa boasts plenty of nutrients.
- Olive oil based pesto or sundried tomato spread. All three ingredients – olive oil, basil and sundried tomatoes – are loaded with anti-inflammatory properties.

SIDE DISHES

Instead of mayo-based salads like coleslaw, potato salad and macaroni salad, try ...

- Bean salad. All beans boast fiber, protein and a bevy of anti-inflammatory phytonutrients.
- Sliced tomatoes, buffalo mozzarella and basil drizzled with balsamic vinegar and olive oil. Choose this tasty Caprese salad and you'll get more oleocanthal and cancer-fighting lycopene.



EXERCISE ESSENTIALS



SHOULDER EXTENSION

Helps Relieve Tendinitis

Lean forward, supporting yourself with your arm (as shown) or against a chair or counter and hold a free weight at your side. Keeping your elbow straight and shoulders relaxed, raise your arm up behind your body. SLOWLY lower arm "fighting" the resistance. Repeat 6-10 times.

IF YOU ARE UNSURE OF COMPLETING THESE EXERCISES OR EXPERIENCE PAIN WHEN DOING SO, STOP AND CONSULT YOUR PHYSICAL THERAPIST.

 SimpleSet Pro
www.simpleset.com

STAFF SPOTLIGHT!



DR. BILL GREGOIRE,
PT, DPT

Since first being exposed to physical therapy as an injured soccer player, Bill knew he wanted to pursue a career in therapy. Bill's medical career officially began at the age of 18 when he worked as a paraprofessional in a school for Autism and broad-based developmental disorders leading up to his time in the Physical Therapy Program at Northeastern University.

While at Northeastern, his love for sports medicine led him to multiple internships with the New England Patriots where he assisted with both regular and off-season rehabilitation programs. Following graduation, he pursued his love for Orthopedics and Sports medicine in the greater Boston area, working at both the premier outpatient sports and spine clinic and as an inpatient therapist at New England's sole, nationally ranked, Orthopedic only hospital.

Bill's diverse work experiences have helped to shape his eclectic treatment philosophy which involves a whole-body approach to physical therapy and medicine, during which he combines his passion for manual therapy and functional movement with the latest evidence-based research to maximize each patient's potential and unlock the inner athlete in all of us.

Over his years of practice, he has focused his advanced training in the areas including Manual Therapy, Functional Movement, Orthopedic and Sports Medicine, Graston® Technique/ instrument-assisted soft tissue mobilization, Trigger Point Dry Needling, and Ergonomics.

COME BACK TO PT

Has your pain returned? Has a new pain come up? The Therapists at FitnessLab can help get you back in the game and enjoying life pain free.

Are you getting ready for fall sports or just want to be in shape for those fall hikes? FitnessLab can help you be prepared and safely geared up to have a great season.

Get Started Today — Call
303.800.2829