

lifestrength E-news!

Volume 1

July 2006

Welcome to the first edition of the Lifestrength Physical Therapy e-newsletter. Thank you for subscribing. The focus of our newsletter is to provide you with information regarding specific injuries and how physical therapy intervention may help in the recovery process. We are hoping that this will be an interactive process and encourage you to submit topics that you would like us to cover. In addition, we plan to use the newsletter to keep you abreast of happenings within the practice.

News

- Lifestrength Physical Therapy is proud to introduce the two newest members of our team. Cathy Kalisz and Annalisa White joined us in December and January, respectively. Cathy and Anna will be taking charge of scheduling patients, verifying insurance and ensuring that the day to day operations of the office run smoothly.
- Former Office Manager Whitney Flickinger gave birth to a baby girl, Taylor Nikol, March 5, 2006.
- Speaking of babies, on April 1, 2006, Lifestrength Physical Therapy celebrated its first birthday!! Thank you for your support in getting us there and for helping us celebrate many more!
- Lifestrength Physical Therapy was proud to be a part of the First Annual Meadowbrook Multisport Expo, which was held May 13, 2006. Don't worry if you were unable to visit our booth at the expo, the first installment of the e-newsletter is covering the information we handed out that day.

Topic of the Month

Common Multisport Injuries and Strategies for Prevention

Now that summer is upon us and the triathlon season is getting under way, what better time to discuss some of the common maladies that are encountered as we begin to increase training mileage and/or intensity. These injuries can be grouped according to sport, i.e. swimming injuries, cycling injuries, and running injuries. This list is not meant to be all inclusive, but covers some of the more common problems that we encounter.

A few of the more common swimming injuries include rotator cuff tendonitis, impingement syndrome of the shoulder and glenohumeral joint hypermobility. Common cycling injuries include patellofemoral

syndrome, iliotibial band syndrome, and patellar tendonitis. Common running injuries include heel spurs, Achilles tendonitis, and plantar fasciitis.

As noted above, this list is not meant to be all inclusive. Nor do we intend to attempt to address each of these problems in a single newsletter. Over the coming months, we will specifically tackle each of these problems with much more specific information and physical therapy intervention strategies. Just as it is necessary to build a good base prior to increasing aerobic intensity in training, we are hoping to establish a base from which to build our future newsletters. Therefore, we are going to stick with generalities and more basic information for this newsletter and build from there.

As stated in the title, “Common Multisport Injuries and Strategies for Prevention”; Strategies for Prevention are the focus of this newsletter. We intend to share with you some basic tenets that hopefully will keep you training and prevent you from having to deal with any of these issues in the first place. The following is a list of injury prevention strategies:

1. Increase mileage and intensity slowly as the season progresses
2. Ensure proper bike fit
3. Have swim stroke analyzed for flaws that may create injury
4. Ensure that shoe type matches your foot type
5. Maintain flexibility
6. Avoid muscle imbalances through proper weight training
7. Change running shoes every 300-400 miles
8. Recover fully between hard efforts
9. Have minor injuries/pains evaluated and treated quickly before they become major injuries/pains. (A little time now can save a lot of time later)
10. Listen to your body

These are just a few, basic tenets to help you avoid some of the more common multisport injuries that we address on a daily basis. It is our intention to keep you out on the roads or trails training. If, however, you need advice, guidance, or more specific evaluation, we would be happy to assist you.