

## Young Athletes & Weekend Warriors - May 2017

### Athletes, Injuries and the Solution

Strains, sprains, pulled muscles and even fractures are just some of the possible injuries that can befall recreational, amateur and professional athletes. The injuries are often more severe than those sustained at home or work, requiring multiple physical therapies and rehabilitation techniques to restore full functionality to the affected area.



Overuse injuries are common and while they may initially not appear to be severe in nature, they can quickly transition into a chronic condition if left untreated. A sore joint from golfing, tennis, swimming or pitching can result in pain, neurological damage and dysfunction that may remove an athlete from play for an entire season or derails a promising career.

Sports injuries run the gamut, from pulled groin and hamstring muscles, elbow and rotator cuff problems, to fractures and dislocations. Injuries are often exacerbated by the athlete's decision to "power through the pain." Physical therapy techniques are effective in treating and preventing injuries and providing rehabilitation following an injury or surgery. The need for therapy is especially crucial for sports related injuries.

Physical therapy provides pain relief and management that doesn't rely on prescription medications or invasive methods. It's effective for improving sports performance and treating musculoskeletal and neurological damage resulting from injuries ranging from concussions to turf toe.

Athletes are masters of precise movements and control, but even a slight variation or miscalculation can result in an injury. Physical therapists are experts in the bio-mechanics of the body and the therapies that will best heal and rehabilitate specific injuries. Therapists work with current injuries and prior conditions that may have lingering symptoms.

### The Best Laid Plans

Despite careful training and appropriate precautions, an injury can still occur and that's especially true for youngsters and recreational athletes. More than 1.35 million children participating in sports programs [....READ MORE...](#)

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