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**k i n t s u g i**  
PHYSICAL THERAPY & WELLNESS

**Health & Wellness  
Newsletter**

**GET RELIEF FOR  
YOUR SPORTS  
INJURY AND  
GET BACK  
IN THE  
GAME!**



Take the first step to a healthier, stronger,  
and more active you! Call today!

**253.220.4317**



## 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 Kintsugi Physical Therapy & Wellness 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.

**Give us a call today to learn more about our programs and set up an appointment with one of our physical therapists!**

### 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.

*Continued inside.*

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## The Road to Recovery

Thomas's journey to recovery began with a visit to Kintsugi Physical Therapy & Wellness. 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. This involved:

- **M.I.C.E (Move, Ice, Compression, Elevation):** This simple method is crucial in the early stages of an ankle sprain. 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 Kintsugi Physical Therapy & Wellness.



Take the first step in healing your ankle sprain and returning to the sport you love by calling today to schedule an appointment!



## SIMPLE ROASTED ASPARAGUS

### INGREDIENTS

- 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

**DIRECTIONS:** 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>

## EXERCISE TO TRY AT HOME

### SEATED BILATERAL EVERSION WITH RESISTANCE BAND

Start by sitting up straight with your feet flat on the floor. Loop a band around both feet right on your arches. Spread your feet until there is tension. Slowly rotate your ankles outward against the band. 10 reps, 3 sets.



*Try this to relieve pain, strengthen, and improve range of motion.*

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# DID YOU EXPERIENCE AN INJURY AT WORK?

KINTSUGI PHYSICAL THERAPY & WELLNESS CAN HELP YOU RECOVER FROM WORK INJURIES

## Common Work-Related Injuries and Causes

Work-related injuries can significantly impact your ability to perform your job and maintain your normal functional abilities. Our physical therapists are experienced in treating various work-related accidents and injuries. Some of the most prevalent work-related injuries include:

- **Repetitive Strain Injuries (RSIs):** Common in office settings, RSIs like carpal tunnel syndrome and tendonitis result from repetitive tasks and poor ergonomics.
- **Back Injuries:** Prevalent in manufacturing and manual labor professions, back injuries like muscle strains and herniated discs can cause pain, limited mobility, and reduced functional abilities, impacting job performance and quality of life.
- **Shoulder, elbow, and hand injuries:** Caused by repetitive motions or lifting heavy objects, injuries like rotator cuff tear, tennis elbow, trigger finger, De Quervain's tenosynovitis, or Dupuytren's contracture can occur.
- **Hip, knee, ankle, and foot injuries:** These can include various types of injuries such as stress fractures, sprains and strains, dislocations, meniscus tears, and ligament injuries (such as ACL and MCL tears). They can be caused by falls, slips, and repetitive motions such as kneeling, squatting, running, jumping, or standing or walking on hard surfaces.
- **Slip and Fall Injuries:** A leading cause of workplace accidents, slip and fall incidents can result in fractures, sprains, and contusions. These injuries can lead to temporary or permanent functional limitations, affecting the ability to work and perform daily tasks.

## Your Road to Recovery Begins Now – Take Action Today!

Our expert physical therapists can help you recover and prevent future injuries in the workplace!

Contact Kintsugi Physical Therapy & Wellness today to schedule an appointment.

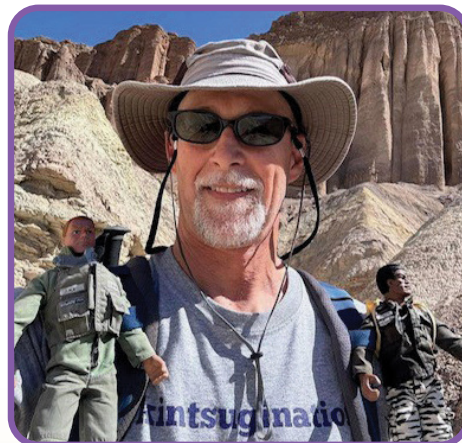


# PAST PATIENTS DOING WHAT THEY LOVE



## Wearing Kintsugi PT t-shirts.

Send us your pics wearing our shirt and you may see yourself in the newsletter.



## We want to hear your PT Success Story!

We appreciate hearing from you and will review your comments carefully. You're not only helping us, but our patients too!

Just scan the QR code and visit our review page.



## Thank You!

# Has Your Pain Come Back? Come Back to PT!

1. Keep up with your physical therapy exercises to relieve pain and prevent further injuries.
2. If your pain doesn't subside, consult with your therapist about what other things might be causing your pain.
3. Contact Kintsugi Physical Therapy & Wellness for an appointment. We will guide you so you can get back to the activities you love.

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