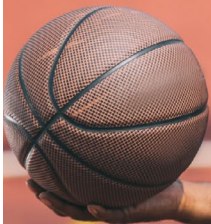


Newsletter

Bristow is now offering dry needling! Call 571.832.2342 to get started.



How You Can Avoid Surgery After a Sports Injury

HAYMARKET
PHYSICAL THERAPY, LLC
Results you can feel, from a team you can trust.

Bealeton: 540.952.0138

Bristow: 571.832.2342

Gainesville: 703.570.1633

HAYMARKETPT.COM

Newsletter



Our Mission

To provide an atmosphere of healing, trust, and empowerment to achieve optimal health and wellness, while generating results that you can feel.

Our Services

- Physical Therapy
- Dry Needling
- Laser Therapy
- Pre & Post-Op Rehabilitation
- Sports Rehabilitation
- Vestibular Rehabilitation

Contact Us

We are here for you. Give us a call today to start your healing journey.

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How You Can Avoid Surgery After a Sports Injury

Are you an athlete with a nagging knee injury? Did you hurt your shoulder throwing too many pitches and now you're worried you need surgery? Sports injuries are common, no matter the level of the athlete. Our therapists are musculoskeletal experts and know how to keep you on the field or how to get back on the court!

You don't have to be a professional or even an amateur athlete to suffer a sports injury. Many times, those most susceptible to sports injuries are people who have just started exercising or participating on a recreational level. Our team of physical therapists excels at knowing how to deal with an injury and how to prevent them as well!

Call Haymarket Physical Therapy today to make an appointment. With guidance from our sports physical therapists, you don't have to worry about what you should be doing. We'll get you back to playing the game you love safely!

What are the most common sports injuries?

The most common type of injury seen in sports occurs in the soft tissues. Soft tissues include muscles, tendons, and ligaments. These injuries often occur during sports and are the main reason people seek help.

It can be challenging to know when an athlete's aches and pains are warning signs of an injury. It can also be challenging to know when to rest and when to keep playing. Our physical therapists will use an injury assessment to help athletes and families determine if a sprain or strain needs intervention.

Identifying injuries early allows for an "active recovery" to assist the athlete in returning to sports rather than waiting to do nothing or hoping it gets better on its own.

The Difference Between A Sprain & A Strain?

SPRAINS: A sprain occurs when the ligament is stretched or torn. Sprains are caused by trauma like rolling your ankle on rough ground or being hit by an object or tackled by someone. These events will cause the joint to move out of its normal range of motion resulting in the overstretching or tearing of a ligament. Ankles, knees, and wrists are most vulnerable to sprains, but it is possible at any joint.

STRAINS: A strain is an injury to a muscle and/or tendon. Tendons are fibrous cords of tissue that attach muscles to bone. Strains often occur in the back or leg (typically, the hamstring). Strains are due to non-contact injuries, such as those that arise from overstretching. The recommended treatment for a strain is the same as for a sprain. Your physical therapist will first assess your injury to determine what course of treatment is the best option. The emphasis should be to relieve pain and restore mobility, followed by simple exercises that progress you back towards sport participation. For a more severe tear, surgery may be necessary.

How physical therapy can help with a sprain or strain injury

Knowing the correct exercises to prepare for the return to sports activities is vital. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the sports activities they enjoy.

We will start with an injury assessment to help determine if the athlete needs intervention. Identifying injuries early allows for an “active recovery” to assist the athlete return to sports rather than waiting to do nothing (passive recovery).

Your physical therapists will create a specific exercise plan based on your needs to resume sports and prevent further injury. Even if you have an old injury, it is essential to have it evaluated by our physical therapists to prevent long-term damage.

We can also help with injuries like tendonitis, arthritis, stress fracture, or muscle pain. Our therapists can design a treatment plan to address pain, mobility loss, and weakness and promote improved sport-specific function and minimize the risk of re-injury.

What you can expect in physical therapy

In addition to rehabilitating an injury, our physical therapist will help teach you the tools you need to prevent injuries and help your overall well-being. We recommend the following additional

strategies for injury prevention:

- Sleep is one of the most effective strategies to reduce injury rates and improve sports performance. Try to get 8-10 hours per night.
 - Foam rolling is an effective way to warm up tissue without negatively affecting performance.
 - Strength training can keep the joints supported and the muscles and tendons resilient.
 - Nutrition matters. A well-balanced diet is the best approach to assist us in staying in the game!
 - Hydration is essential for recovery and injury prevention.
- Sports injuries often occur from ill-prepared individuals who just jump into the activity without increasing their strength, endurance, and sports-specific training activities. Therefore, if you are not in top condition, you are more prone to injury.

Contact us for an appointment

At Haymarket Physical Therapy, our therapists are dedicated to helping you avoid surgery and keeping you in the game! Call today for a comprehensive assessment and treatment program.

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4732399/> • <https://pubmed.ncbi.nlm.nih.gov/24105612/> • <https://www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/sports-injury-statistics>



Feel Better by Eating Better!

20 Minute Vegan Curry Ramen

Ingredients

- 1 tablespoon sesame oil
- 1 cup shredded carrots
- 1 cup sugar snap peas
- 8 oz. sliced mushrooms
- 1-3 tablespoons red curry paste
- 2 teaspoons curry powder
- 6 cloves garlic, minced
- 2 teaspoons minced ginger
- 6 cups vegetable broth
- 1 (13.5 oz.) coconut milk
- 8 oz. ramen noodles
- Juice of 1 lime
- Kosher salt
- fresh cracked pepper
- Fresh cilantro



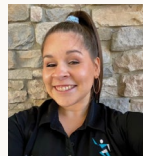
- Sliced jalapenos
- Lime wedges

Instructions

Heat oil in a large pot or Dutch oven over medium heat. Add carrots, peas and mushrooms along with a large pinch of salt and pepper. Cook for 3 minutes, stirring occasionally. Add curry paste, curry powder, garlic and ginger and cook for 1 minute, stirring. Stir in broth and coconut milk and season to taste with salt and pepper. Turn heat to medium high and bring to a simmer. Add ramen noodles and cook for 10 minutes or until noodles are al dente. Stir in the juice of 1 lime and serve! Garnish with cilantro, jalapeno and lime wedges.

Staff Spotlight

Dr. Sami Zambrano, PT, DPT



Dr. Sami Zambrano is a graduate of Shenandoah University who received her degree as a Doctor of Physical Therapy in August 2022 and began working at Haymarket Physical Therapy in September 2022. Sami loves the warm and friendly atmosphere, as well as the amazing team dynamic that HPT provides. Sami was born and raised in Reston, Virginia and achieved her B.S. in Health Sciences from James Madison University in 2019 (Go Dukes). In her free time, Sami loves hiking, playing tennis, cooking, doing yoga, and spending time with her dogs, family, and friends. Sami is passionate about helping people return to the activities that they love through movement, education, and exercise. She has a special interest in vestibular rehabilitation/concussion and would love to help you treat your dizziness and/or headaches.

At-Home Exercise Shoulder Shrugs



Instructions: Stand upright with dumbbells in your hands and your arms straight by your sides. Slowly shrug your shoulders diagonally up and back in a straight line. Feel the contraction in your upper back just below your neck. Repeat 3 sets of 10 reps.



Give us a call if you have any questions or concerns while performing this exercise.

Patient Success

“The staff is amazing, they listen and care about your recovery.”

“The staff is amazing, they listen and care about your recovery. They also will not let you go back to your norm if they don’t feel you’re ready (despite begging them :) and I can appreciate that. I am someone who pushes too hard and goes back too fast after an injury and am glad they keep me honest and healthy. They’ve also been amazing when I’ve had to bring my son in with me due to school delays. For sure if ever in the future if I or anyone I know need PT I will be referring them to Haymarket PT in Bristow.”

— Tausha N.



We can Help You

- Regain range of motion, strength, and mobility
- Lessen your need for pain medications
- Return faster to an active, independent life
- Live longer — and better