



PHYSICAL THERAPY  
WELLNESS CENTER  
PELVIC HEALTH

# HEALTH+WELLNESS NEWSLETTER

## 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 G3 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.

### WHAT IS THE DIFFERENCE BETWEEN A SPRAIN AND 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's return to sports rather than waiting to do nothing (passive recovery). For acute injuries, physical therapy can help decrease the initial inflammatory response with the appropriate modalities, like using laser, pneumatic compression with ice, or even manual adjustments and soft tissue body work that decreases swelling and inflammation to speed healing and recovery.

Your physical therapists will create a strategic 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.

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## 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.
- Laser and other modalities to manage swelling and inflammation

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.

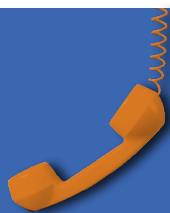
## CONTACT US FOR AN APPOINTMENT

At G3 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.



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**SCHEDULE YOUR  
APPOINTMENT  
TODAY!**



**760.452.2640**

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# AN ATHLETE'S SUCCESS STORY

Cardiff is a 15 year old high school sophomore and a rapidly improving volleyball player. This past spring, right before the important club tournament season, Cardiff sprained his ankle fairly severely. After x-rays ruled out a fracture, the doctor recommended Cardiff wear a walking boot for 6 weeks, effectively ending his club season prematurely.

Cardiff's mom brought him into G3 for an assessment and to start early PT. He started PT hoping, by good fortune, he would be able to play before 6 weeks. After assessing Cardiff, and considering his desire to continue playing, we felt it would be appropriate to replace the boot with an ankle brace and start aggressively appropriate physical therapy. After three days a week of ice baths, deep tissue laser, ankle and hip mobility work, and lower body strengthening and stabilization exercises, we cleared Cardiff to return to volleyball after two weeks.

To make a long story short, Cardiff successfully returned to his club team, joining them for several big tournaments, and playing a key role in the club having a successful tournament. Most recently, during club tryouts, Cardiff played well enough to jump from the third team on his club all the way to the first team, something he would never have been able to do if he had sat out for six weeks with a boot on his foot.

Not everyone can recover from a severe ankle sprain as quickly as Cardiff did, but we often can get an athlete back to competition much quicker with a comprehensive physical therapy program. Next time you or someone you know needs help getting back to activity, consider letting G3 Physical Therapy help you in your journey.



# HEALTHY RECIPE

## CHICKEN, PHEASANT OR TURKEY BONE BROTH



Southern California doesn't get the changing color of leaves, but kids return to school, the weather starts to cool down, and we do get the cold and flu season. The bone broth from a box may not help support your immune system, but this traditional broth recipe is good for the soul and your immune system. The thought of making my own broth seemed daunting at first, but this recipe made it a lot easier. This broth is wonderful to have, as is, on a cold day in a mug with a sprinkle of sea salt. Or you can freeze the extra and put it into a soup recipe. I hope you incorporate this recipe into your cooking repertoire like I have. I learned this recipe from a dear friend and renowned nutritional therapist named Kim Schuette, the founder of [BiodynamicWellness.com](http://BiodynamicWellness.com)

- 2 chicken carcasses, deboned or 4 pounds of necks, backs and wings
- 4 chicken feet
- 2 tablespoons raw apple cider vinegar
- 4 quarts purified water
- 3 celery stalks, coarsely chopped
- 3 carrots, coarsely chopped
- 1-2 onions, coarsely chopped
- fresh herbal bouquet of choice (thyme, sage, rosemary, thyme)

1. Place all ingredients in a large stock pot or slow cooker. Leave at room temperature for 30 minutes, allowing raw apple cider vinegar to act on the bones, drawing out the minerals.

2. Bring to a boil. Skim and discard any scum that may surface. Often pastured chicken produces no scum. Lower to a slow, surface simmer (tiny bubble on the surface) and allow to cook for 6 to 24 hours.

3. Strain broth. Allow to come to room temperature. Then cool in the refrigerator.

4. If freezing, be sure to leave 3 inches of airspace from broth to lid. This allows for expansion as the broth freezes.

# STAFF BIO



Please welcome our newest Doctor of Physical Therapy, Jackie Maxwell.

Jackie was born in Pittsburgh, PA and raised in Wellsburg, WV. She is a graduate of University of Saint Augustine for Health Sciences class of Dec 2022 and undergraduate of West Virginia University. Jackie enjoys working with patients through physical therapy to reach their goals.

"Everyone comes to the clinic with their story to share. I enjoy hearing the story, getting to know the person, and helping them return to what they love doing most!"

In her free time Jackie enjoys spending time with her family and friends and loves hiking!

## WE GET RESULTS

I've got about 3 months of PT to go. I've only had two sessions here at G3, and the results I've seen already have been very surprising.

I recently had labrum repair surgery, as well as undergoing recovery from a rotator cuff tear.

I'm working with Peter Diaz, and clearly G3 hires knowledgeable and professional staff, because as I mentioned, the results have been shockingly good for just a few days. It feels like somebody sprayed WD-40 lubricant in my shoulder!! I highly suggest G3, and especially the Physical therapist Peter.

-Ryan F.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



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