

HEALTH & FITNESS

The Newsletter About Health and Caring For Your Body

www.peakphysicaltherapy.net

What Injuries Have in Common



All of us have had injuries in the past and are guaranteed to have some ache or pain in the future. The more knowledge we gain about injuries, from how they occur, what to do if they do occur and what do they all have in common, we will be better able to handle them.

What are the COMMON CAUSES of injuries?



It is important to understand that muscles and tendons only do 2 things: 1) they stretch 2) they contract. So when the body fails, or becomes injured due to use, it is going to involve one of these. Lets look at the common cliché, "We are only as good as our weakest link". Injuries stem from, what is tight and what is weak...our weakest link. It isn't the flexible, strong tissues that we hurt, it is the tight and weak ones. This is evident in looking at shoulder injuries (rotator cuff is weak/tighter than the deltoids), hamstrings (they are often tighter/weaker than the quadriceps), low back injuries, etc. We are all individually predisposed to some particular injury. This is based on where we are tight and weak. So if you want to prevent future injuries determine where you are the tightest and weakest and correct it. When beginning exercising, flexibility plays a more important role than strength. If you are strong as an ox, but cannot move (flexibility) you have nothing. However, if you are weak, but have good motion you can do a lot. So if you are short on time, make sure you address your tightness first.



How to Treat Injuries

- Treat fresh, or acute, injuries the same. A quick plan to follow is:
- P** = Protect the inured area from future harm (brace, splint, etc.)
- R** = Rest the injured part. Give the body time to properly heal it.
- I** = Ice the area. This helps control the pain and swelling.
- C** = Compress the area with an ace wrap, etc. This helps with swelling and support.
- E** = Elevate the part to a height above the heart. This helps with swelling.



IF YOU HAVE ANY QUESTIONS ABOUT A PAIN YOUR HAVING, PLEASE CONTACT US.

208-375-0666

PEAK PHYSICAL THERAPY
7550 W. Emerald Boise, Idaho 83704