

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

FIX IT & PREVENT IT WITH PHYSICAL THERAPY!

Do you have pesky pain you're trying to kick? We understand that many people simply don't have the time to keep coming back to physical therapy. Maybe you're in school, you have a full-time job, you're chasing after young children or grandchildren, or you're a committed athlete who simply can't be out of the game for that long. We get it – you're busy! When you come in for an injury or pain relief, you want your physical therapy treatments to be a "one and done" deal. At Innovative Physical Therapy Solutions, we want the same for you! Give us a call today to hear more about our injury prevention services, and how we can make sure your treatment with us will nip your pain in the bud once and for all.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

**FREE 15 MINUTE CONSULT
FOR YOU OR FOR A FRIEND!**

(DETAILS INSIDE)

www.innovativeptsolutions.com

Innovative Newsletter

INSIDE:

5 Simple Tips
For Shoveling
Snow

Exercise
To Help
With Pain

Deep Tissue
Laser
Therapy

Quote of The Month:

*"Thankfulness
is the quickest
path to joy."*

- George Eliot

**CALL
TODAY!**

(315) 786-0655

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(continued from outside)

How Can I Prevent An Injury?

Innovative Physical Therapy Solutions offers injury prevention screening to help determine your likelihood of experiencing an injury in the near future. Your body tells you in subtle ways what it can and cannot do – and we're here to listen. How do we do this? First and foremost, we will analyze how your body bends, twists, and moves altogether. This can include watching how you squat and jump, testing your flexibility, and noting your range of motion. During an injury prevention screening, we are on the lookout for abnormalities, whether it be in wobbly landing positions, weak limbs, low range of motion, or overall issues with posture and technique. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will come up with a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and exercises that you can do on your own to help prevent your risk of future injury.

Some Common Tips For Preventing Injuries At Home Are:

- **Stretching your calves.** This is something that you should do before and after every workout. When your calves become tight, the tissues of your fascia can pull and tear, causing injury. Stretching your calves can prevent muscles from stiffening, thus decreasing any painful risks.
- **Massaging your feet.** If you think about it, our feet get quite the workout every single day – they literally hold us up! This can inevitably cause discomfort, especially if we are on our feet more than planned, or we complete a new, extensive workout that we are not used to. A simple remedy is to massage the soles of your feet with a tennis

ball. If you are experiencing pain, you can also massage them with a frozen water bottle, which can relieve swelling.

- **Exercising your toes.** Toes may be a part of the body that you don't think about a whole lot but working out your toes can actually have a lot of positive effects. By simply doing daily toe scrunching exercises, you can strengthen your arches and prevent painful conditions, such as plantar fasciitis.
- **Strengthening your back (and other commonly used body parts.)** Did you know that back pain is the most globally reported source of pain? There's a reason! Our backs do a lot of work throughout the day, and it is a long and tender part of everyone's body. You can strengthen your back, stomach, and thighs by doing simple exercises, such as partial crunches and wall sits. These are all highly used parts of our body and strengthening them will both make it easier on your daily life and help prevent your risk of injury to them in the future!

A study titled "Prevention of Sports Injuries: Systematic Review of Randomized Controlled Trials" from the Archives of Internal Medicine also stated that the prevention of sports-related injuries was highly associated with the use of:

- **Insoles**
- **External joint supports**
- **Multi-intervention training programs**

If you are an athlete and you feel your fitness regimen may be putting you at risk or wearing you down, these proven aids can help you significantly decrease your probability toward harmful and painful injuries.

If you've suffered from pain and injury in the past, and you want to figure out how to stop them once and for all, schedule a consultation with one of our physical therapists today. We'd be happy to meet with you and create a plan for better health!



5 Simple Tips For Shoveling Snow

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. The following tips can help keep you safer when you set out to shovel:

- 1. Warm up.** Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.
- 2. Push rather than lift.** Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.
- 3. Lighten your load.** Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.
- 4. Consider multiple trips.** Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.
- 5. Keep up with snowfall.** Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

BE SURE TO REWARD YOURSELF WHEN YOU'RE DONE!



Patient Spotlight



"My recovery from knee surgery was great, they explained everything, gave me exercises to do at home and everyone in the office was great helping me to recover quickly." — W.M.

www.innovativeptsolutions.com

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Exercise copyright of
INN SimpleSet Pro
www.simpleset.net

Good exercise to help with balance.

TANDEM STANCE

Stand with one foot directly in front of the other so that the toes of one foot touch the heel of the other. Maintain your balance.



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DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

No Referral/Prescription Needed - No Insurance Needed
No Expiration On Package Treatments - We Take Cash,
Card, or Health Savings Account

Have you heard of laser therapy? While it may sound daunting, it is actually a great way to help alleviate pain and promote healing.

Laser therapy is a treatment offered at **Innovative Physical Therapy Solutions** for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions.

Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

If you are looking for laser therapy in Watertown, NY, contact Innovative Physical Therapy Solutions today! We'll set up a free consult for you and figure out whether or not laser therapy could help in reducing your pain.



Visit our website today and click on "How We Treat" tab to learn more about Deep Tissue Laser Therapy!

www.innovativeptsolutions.com

Fun & Games

PLAY FOR A PRIZE: *SUDOKU!*

5		7						
3			5	8		4		
	2						5	
9		4	3			6		
	5		8		6		7	
		8			4	1		9
	4						1	
		5		4	8			3
						9		2

<http://1sudoku.com>

Level Hard

The first 3 patients to bring in a correctly completed puzzle will **WIN, ONE FREE LASER TREATMENT!**

Innovative PT Coupons

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CALL TO SCHEDULE TODAY!

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316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 12/30/21