



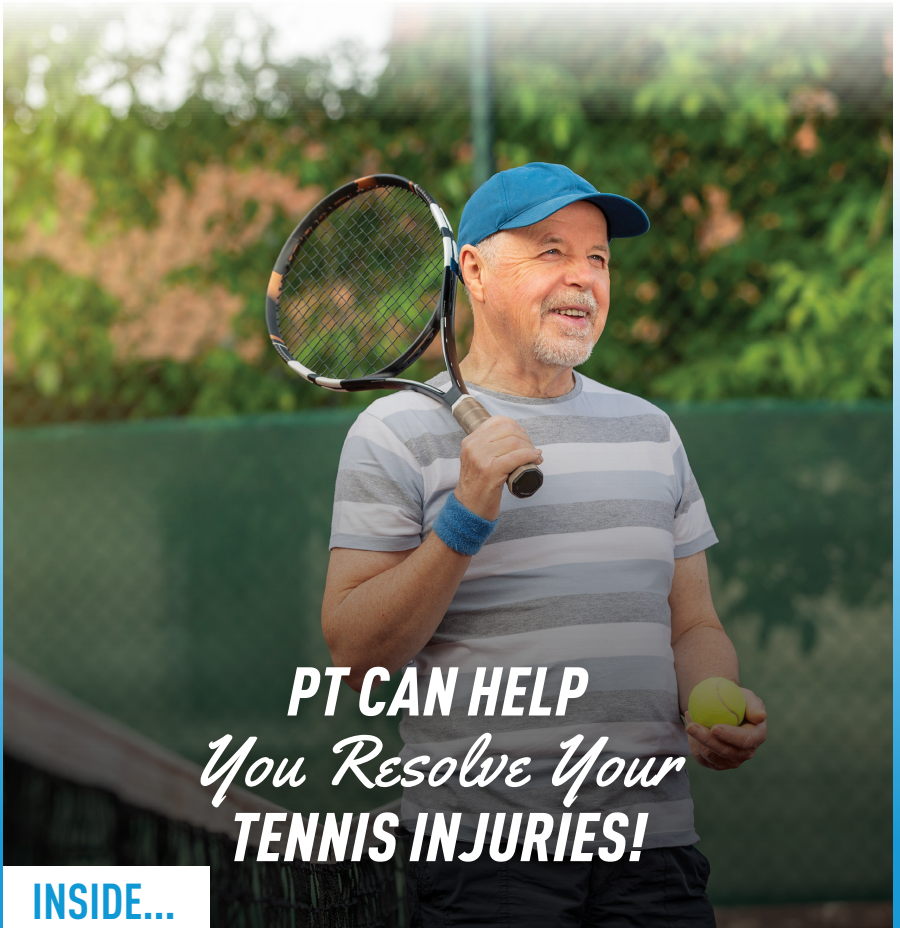
RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYP.T.COM

JULY 2022



PT CAN HELP *You Resolve Your* **TENNIS INJURIES!**

INSIDE...

What Are The Most
Common Tennis Injuries?

Patient Testimonial

8 Helpful Nutrition
Tips for A Healthy
Summer



RECOVERY™
PHYSICAL
THERAPY, P.C.

NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

WWW.RECOVERYPT.COM

JULY 2022

PT CAN HELP *You Resolve Your* TENNIS INJURIES!



Are you concerned about that achy knee getting worse from your changes in direction when you play tennis? Have you tried adjusting your grip and looking at your swing but still have elbow pain? At Recovery Physical Therapy, our physical therapists are highly trained movement experts. We can help figure out any limitations or restrictions that may be interfering with you enjoying a tennis match this season.

Tennis is one of the most popular sports played by people of all ages, both male and female, from recreational to competitive leagues. Most tennis injuries of the upper extremities are overuse-type conditions that are often due to poor swing mechanics, poor core strength and/or improper warm-up. In comparison, lower extremity injuries are often acute due to sudden changes of directions or abrupt stops.

Fortunately, our physical therapists are experienced in caring for tennis players of all levels and abilities. We understand the nature of the most common injuries and the specific demands on individual joints, soft tissue, and your body.

Let one of our physical therapists at Recovery Physical Therapy assess your injuries and provide you with a comprehensive program to resolve any issue standing in your way of getting out on the courts again!

Request an appointment with one of our experts today!

WHAT ARE THE MOST COMMON TENNIS INJURIES?

No matter what your issues are, we can offer solutions that work! Whether you are an experienced tennis player or relatively new to the game, our physical therapists can help. We understand the mechanics behind most overuse-type injuries and the weaknesses and restrictions most often associated with acute injuries.

The most common type of upper-body injury is overuse due to the force/speed of swings and improper swing mechanics. Studies have demonstrated that prolonged tennis matches can lead to muscle fatigue resulting in changes to how the shoulder blade (scapula) functions. These changes to the muscle's ability also change how the shoulder itself moves (i.e., the mechanics).

Understanding the interrelationship of the parts of the body is where a physical therapist excels. In physical therapy, we call this "regional interdependence," which is a fancy way of saying if one area of the body has impaired function, it can (will) affect another location away from the problem site. The result is often pain or injury to the rotator cuff muscles and, for some, the elbow.

Changes to your ability to swing properly will often lead to overuse type injuries to the muscles, tendons, or ligaments, including:

- Shoulder impingement
- Rotator cuff tears or tendinopathy
- Elbow sprains and strains (i.e., ulnar collateral ligament injuries and/or tennis elbow)

The lower extremity often experiences more acute injuries, especially the ankle, knee, and hip. The most common acute type injuries include:

Continues inside

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

Continued from outside

- Back pain (i.e., muscles strain or disc injury)
- Hip Sprain/strains
- Knee sprains (i.e., meniscus injuries or ACL tears)
- Ankle sprains
- Achilles tears and/or tendinopathy

Regional interdependence can also influence these acute injuries to the lower extremities. For example, research has shown that restrictions in the hip range of motion will increase the likelihood of injuring the knee joint, specifically ACL tears. In addition, research has shown that weakness in the hip abductors makes you more susceptible to ankle sprains.

Fortunately, our physical therapists are musculoskeletal experts. We will identify the root cause of your pain/injuries and help design the most advanced therapeutic strategies to resolve your problems so you can get back on the courts playing at your highest levels!

HOW CAN PHYSICAL THERAPY HELP?

Most tennis-related injuries result from overuse due to poor mechanics or acute injuries due to weaknesses or restrictions in the lower extremities. Our team has a good understanding of the biomechanics and forces of the tennis swing and the interrelatedness of our muscles and joints to diagnose and treat any musculoskeletal injury.

We will conduct a comprehensive evaluation on your first visit that includes a thorough history and movement assessment. We will identify any limitation in your joint range of motion and how your joints move in relation to one another.

In addition, we will test your strength, coordination, and balance to ensure we determine any weaknesses and/or limitations that may impair your ability to swing correctly and change directions properly.

This information will help us design a program tailored to your individual needs and consist of targeted mobility work, strength and endurance training, and any modification or correction of any

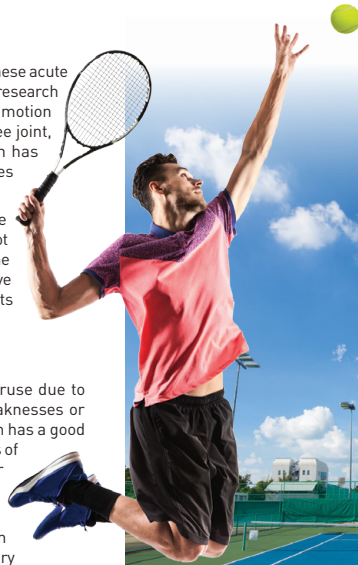
faulty movement patterns. Our goal is to help tennis players reduce their risk of injury and improve their overall performance to play at their highest level.

Our team will show you warm-up routines and in-season and/or preseason strength and conditioning programs that include education on enhancing performance so you can play knowing your body is prepared!

Request an appointment today!

(917) 763-7825

GIVE PAIN A BACKHAND!



PATIENT TESTIMONIAL

"I have been coming to RPT for many years. I have found the treatment received to be really focused on the affected area and have experienced substantial relief. I highly recommend RPT at 530 Seventh Ave."

-Marta G.



8 HELPFUL NUTRITION TIPS FOR A HEALTHY SUMMER

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. DRINK GREEN TEA INSTEAD OF SWEET TEA.

Green tea has a natural component that helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

2. SERVE SEAFOOD.

Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

3. DON'T SKIP BREAKFAST.

When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. ENJOY SUMMER FRUITS AND VEGGIES.

It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer

comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a nutrient kick.

5. SNACK AT WORK.

Bring snacks to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.

6. HYDRATE OFTEN.

The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.

7. RECOVER WITH A POST-WORKOUT SHAKE.

After exercising, blend your favorite summer fruits and a scoop of whey protein into a shake to kickstart the muscle-building process, help your body recover from training, and boost your energy levels.

8. PRE-PLAN YOUR MEALS.

You plan your weekend getaways and activities for summer. Why not your meals? Make it easy by preparing all of your food on Sunday so that you have enough meals for the week. The best part: You'll save money.



RECOVERY™
PHYSICAL
THERAPY, P.C.



LARCHMONT



UPPER WEST SIDE



UPPER EAST SIDE



MILLBURN, NJ



FLATIRON DISTRICT



FASHION DISTRICT