



NEWSLETTER

AUGUST 2021

WHAT'S INSIDE

PT AT THERAPY SOLUTIONS

Make This Your Best
Season Yet With
Physical Therapy

THE ZONES OF REGULATION PROGRAM

How It Can Help Your
Child Thrive

SHARE YOUR SUCCESS STORY!

We Make It Easy To Leave
A Review!



SEPTEMBER IS...
National School
Backpack Awareness
Day!



**ARE YOU AN ATHLETE
PREPPING FOR FALL SPORTS?
*THERAPY SOLUTIONS CAN HELP!***

ARE YOU AN ATHLETE PREPPING FOR FALL SPORTS? *Therapy Solutions can help!*



► Before we know it, it'll be autumn, and with the cooler season will come something many of us love to participate in: fall sports!

Everyone who is heavily involved in athletics knows that one thing is for sure, with physical activity also comes the risk of injury. Therapy Solutions strongly encourages athletes prepping for fall sports such as cross country running, football, and soccer, to visit one of our skilled athletic trainers as they begin preparing their bodies for the playing season.

Making sure your body is strong, stable, and prepped for the game is a vital part of maintaining high performance. Call our clinic today to learn about how our athletic trainers can help you prep for your sport of choice this fall, as well as prevent sports injuries down the road!

HOW CAN AN ATHLETIC TRAINER HELP ATHLETES PREPARE FOR FALL SPORTS?

Being able to practice the sport you love, whether professionally or for fun, is super important. Sports provide a way for you to get physical activity while having fun.

Your heart rate rises, your blood gets flowing, your muscles get the workout that they need. However, you should be on the

lookout for ways to prevent sports injuries this season if you're about to jump back out onto the field, and athletic training is a great way to do that! An athletic training conditioning program can increase your fitness level and help you make the most of your favorite sports this season.

Conditioning is a major part of maintaining your physical fitness when you play sports. By participating in conditioning programs, you can lower your risk of sustaining an injury during the game. Conditioning helps to increase flexibility and strengthen ligaments, muscles, and tendons. By teaching targeted exercises, lifting weights, and strengthening muscles, athletic training can prevent athletes from overexerting themselves or twisting in ways that may cause an injury to occur.

INJURY PREVENTION WITH ATHLETIC TRAINING

One great aspect of athletic training at Therapy Solutions is that it can help you to prevent sustaining a sports injury in the fall.

There are two ways in which sports injuries can occur: suddenly, such as a soccer player colliding with another, or overtime, through repetitive motions, such as running for long periods during cross country events. Simply put, anything that results in pain while performing physical activity can be considered a sports injury!

THE ZONES OF REGULATION PROGRAM AT THERAPY SOLUTIONS



THE ZONES OF REGULATION

Does your child have a difficult time managing their emotions? Do they have a difficult time identifying their feelings and how those feelings and behaviors affect those around them? Are you interested in having your child learn ways to regulate their emotions? Therapy Solutions offers treatment for children by *Licensed Occupational Therapists and Licensed Mental Health Therapists* allowing for dual perspectives when completing assessment and treatment planning. Our clinic has the unique ability to offer a dual perspective. Our specialists will work with your child to assist them in learning successful ways to not only understand their emotions but also regulate their behavior.

The Zones of Regulation is a program utilized to help educate children on self-regulation skills. Occupational Therapists work with patients on helping them identify their emotions/states of alertness in relation to one of the four colored zones (blue, green, yellow or red). Once the zone has been recognized, the child will develop a "tool box" of various positive coping strategies that can be used to assist them in increasing or decreasing alertness and/or calm or arouse their system, depending on the particular need during specific situations and in a specific setting. The goal of therapy is to empower each child by improving their ability to successfully participate in their daily activities.

Mental Health therapists will also work with children to help them identify what they are feeling and help them understand their levels of alertness. The zones of regulation are embedded in Cognitive Behavioral Therapy. Mental health therapists can help children make connections with their thoughts, feelings and behaviors. Children can learn to understand how their behaviors influence thoughts and feelings to gain emotional control.

For more information on The Zones of Regulation treatment for your child, please contact Therapy Solutions to speak with one of our certified therapists today!



MAKE THIS YOUR BEST SEASON YET WITH PHYSICAL THERAPY

Strains, or pulled muscles, are often mixed up with sprains. They're two different injuries, however! Your muscles and bones are connected by tendons. When a tendon is stretched beyond its limit, a strain or "pulled muscle" can occur. Once the tendon is stretched, it is more likely that the affected area will be strained again in the future.

Some other common injuries that we treat in athletes at Therapy Solutions are as follows:

- ▶ Muscle tears
- ▶ Tennis or golf elbow
- ▶ Bone fractures
- ▶ Frozen shoulder
- ▶ Hamstring strain
- ▶ Hip flexor strain

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court.

If you sustain an injury while playing sports, one of our physical therapists will conduct a thorough evaluation to diagnose your sports injury. Afterward, a personalized treatment plan will be designed for you, based on the specific needs of the diagnosis and any additional symptoms that you are experiencing. Our clinic also provides performance enhancement sessions, designed to teach you the techniques you need to prevent future sports injuries from occurring!

CALL THERAPY SOLUTIONS TODAY

At Therapy Solutions, we make it our top priority to encourage healing and injury prevention for our patients. In addition to treating injuries, our physical therapists can help you improve range of motion, flexibility, strength, and overall function, in order to prevent additional injury from occurring.

Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

Therapy Solutions
TAKE YOUR LIFE BACK.

BACKPACK SAFETY

BACKPACK STRATEGIES FOR PARENTS AND STUDENTS

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

LOADING THE BACKPACK:

- ▶ A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- ▶ Load heaviest items closest to the child's back (the back of the pack).
- ▶ Arrange books and materials so they won't slide around in the backpack.
- ▶ Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- ▶ If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- ▶ If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

WEARING THE BACKPACK:

- ▶ Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- ▶ Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- ▶ Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- ▶ Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- ▶ The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- ▶ School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- ▶ Only put items in your backpack that you need for the day.



WRONG
Strap on one shoulder of body weight



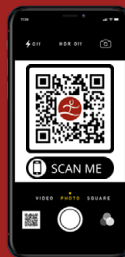
CORRECT
Wide, padded straps on both shoulders



WRONG
Load too heavy



CORRECT
Load no more than 10%-15% of body weight



WANT TO SHARE A SUCCESS STORY?

We Make It Easy To Leave A Review!

Scan the code with your camera app, and post your success story on our Google reviews page!

