

TIP OF THE MONTH



Care for Minor Sprains and Strains

It is not uncommon for athletes to experience minor sprains and strains during practice or games. When a sports injury occurs, it is important to quickly seek proper treatment. To ensure the best possible recovery, athletes, coaches, and parents must follow safe guidelines for returning to the game, which can be determined by a healthcare professional. However, for mild sprain and strain injuries, the first line of defense is to use the R.I.C.E. method. This can help provide relief while you contact your healthcare provider.

R - Rest: Take a break from the practice or event and avoid using the injured area. Continuing activity could cause further damage. Consult an athletic trainer, physical therapist, or another healthcare provider to assess the injury.

I - Ice: Ice the area for about 15-20 minutes. Make sure to apply a thin layer of protection like a rag or garment between the affected area and the cold pack to prevent frostbite. This will help reduce pain and swelling. Don't have an ice pack? Instructions on how to make one can be found [here](#).

C - Compress: Compression is used to reduce swelling. Ask a first aid responder to apply a compression bandage around the injured area for you. The wrap should be snug, but not cause numbness or tingling. If you do experience those symptoms, loosen the bandage immediately.

E - Elevate: Lift the injured area above the level of your heart. You can do this while icing as well as afterwards. This helps to reduce pain and internal bleeding.

R.I.C.E. is a great first step to help your body recover from minor sprains and strains. To find out if you are ready to go back into your sport, need rehabilitation to recover from your injury, or to find out how to prevent similar injuries from happening again, call us and we can develop a plan of care tailored specifically to your needs and performance levels. Our team is prepared to help athletes get back into their sport as quickly and safely as possible. you safely enjoy the summer break.



PT&Me Featured Article: [Hot Weather Exercise Tips](#)

As the temperatures continue to rise, we have decided to put together a few hot weather exercise tips to consider... [more](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“Optimism is the faith that leads to achievement...”

— Helen Keller

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Pop Pop's Healthy Pancakes

Looking for a back to school breakfast that your kids will enjoy? This recipe will give them more nutrition than your typical pancake mix, getting them ready for a new school year!



Dry Ingredients:

- 1 cup of Instant Oatmeal (3 packets- one can be flavored)
- half cup all-purpose flour
- 3 level tsp baking powder
- 1 level tsp baking soda

Wet Ingredients:

- 1.5 cups buttermilk
- 3 whole eggs
- 1 tsp vanilla
- 2 tbs cooking oil
- 3 tbs white vinegar

Directions:

1. Mix the dry and wet ingredients separately in two small bowls.
2. Blend wet ingredients into dry ingredients in large bowl. Lumps are okay, but there should not be any dry ingredients left.