

*This issue contains:*

\*Welcome!

\*Youth Sports Injury  
Updates for the Safest &  
Quickest Return to Play

\*Brain Teaser Contest

\*Referral Winner



We offer Bio-Freeze at Penn-Trafford Physical Therapy. We have 3 oz. roll-ons and 4 oz. tubes. Please be sure to stop in and see us if you need some.

Don't forget to visit our website at: [www.ptpti.com](http://www.ptpti.com). If you have any comments or suggestions, please feel free to call us at 724-744-7200.

#### REFERRAL APPRECIATION

Penn-Trafford Physical Therapy Inc., would like to thank those patients who recommended us to their family and friends. Their names will be entered into a drawing for a gift card. So if you recommend us to others, you too can have your name entered into a drawing for a gift card.

Tony Smith will receive a gift card for being selected from our last referral appreciation drawing. Thank you!



Please "LIKE" Penn-Trafford Physical Therapy on Facebook and see what helpful information we have to offer.

Hope you enjoyed the newsletter. If you have any suggestions for future topics, call us at 724-744-7200.



# PENN - TRAFFORD PHYSICAL THERAPY, INC.

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## Welcome to our 46<sup>th</sup> Penn-Trafford Physical Therapy Inc. Newsletter



Summertime is right around the corner and outdoor activities are in full swing - running, walking, boating, gardening, cycling, swimming, softball, baseball - just to name a few. Are you ready???? If you're experiencing any aches or pains right now Penn-Trafford Physical Therapy is here to help. We want to get you "summer ready" to enjoy the activities you love to do. Give us a call at 724-744-7200 to make an appointment-our friendly and courteous staff want to jump start your summer the right way!

Our therapist, Mike Huffman recently completed a course on Youth Sports Injury Updates for the Safest & Quickest Return to Play and would like to share some of that information with you. Take a few minutes to read the article below regarding sports injuries and the quickest way to return to play!

### Youth Sports Injury Updates for the Safest & Quickest Return to Play

Did you know there are 25 million scholastic athletes and approximately 20 million club/community based athletes? Out of all those athletes 3 million youth are seen in the ER each year, 5 million are seen by doctors or sports-medicine clinics and 30,000 are hospitalized! The TOTAL cost for healthcare regarding these injuries is \$2 billion each year. 🤔

Injuries are broken down into two categories:

#### TYPES OF INJURIES

1. *Macrotrauma*  
-Sudden or acute injuries such as: fractures, contusions, sprains, strains
2. *Microtrauma*  
-Chronic, repetitive injury with biomechanical causes, which lead to stress fracture, bursitis, apophysitis, osteochondral injuries

Below are some reasons why these youth injuries occur:

#### FACTORS OF INJURIES

1. Equipment  
-“cheaper” material  
-fashion vs function  
-field issues  
\*breakaway bases\*goalposts\*field conditions
2. Poor training techniques  
-poor technical skills  
-poor agility/coordination
3. Conditioning factors  
-lack of “pre” preseason program  
-improper type of conditioning  
-insufficient conditioning:  
\*muscle fatigue = increased injury risk
4. Overtraining!!!!  
-early sports specialization, games per week  
-insufficient recovery:  
\*between training sessions/games\*within season

How much is too much? Penn-Trafford Physical Therapy feels it's important to monitor your youth during these long, grueling sports seasons. Try to avoid the “Factors of Injury” as listed above to help prevent injuries. If your child displays any signs of discomfort give us a call at 724-744-7200 and make an appointment today-we want them to return to their activities as much as you do!

Remember...the “SECRET” to treating youth injuries is **REST!!!!**



*This issue's brainteaser is challenging, make sure you really think this one through...*



The first 25 callers who solve and call with the answer will have their names entered into a drawing for a gift card. **Call 724-744-7200 with your answer.**

We had 28 callers correctly solve the last brainteaser. The winner of the brainteaser contest was **Marie Polansky**. Congratulations Marie and to all who correctly solved the brainteaser.

Last newsletter's brain teaser:

#### Hole in one