

NEWSLETTER


YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



WE'RE OPEN!

PT CAN HELP YOU GET BACK IN THE GAME!

ALSO INSIDE WHAT ARE THE MOST COMMON SPORTS INJURIES?
HEALTHY RECIPE • PATIENT TESTIMONIAL



NEWSLETTER

YOUR BEST SOURCE FOR PHYSICAL THERAPY AND FITNESS

PT CAN HELP YOU GET BACK IN THE GAME!

Did you roll your ankle playing pickup basketball? Has your shoulder started interfering with your ability to play sports? You may be dealing with sports injuries that are getting in the way of your enjoyment of the game.

Thankfully, at Atlanta Human Performance Center, our Doctors of Physical Therapy are experts at treating sports injuries, and we can help get you back and keep you in the game!

According to the U.S. Centers for Disease Control, there is an average estimate of 8.6 million sports and recreation-related injury episodes each year. Most sport-related injuries are due to overuse injuries and acute traumas.

Whatever age you are or level of physical ability you may have, physical therapy can help you enhance the healing process of a sports injury. With our sports injury rehabilitation programs, you will be able to get back to doing the activities you love in no time.

Contact Atlanta Human Performance Center today to consult with one of our Doctors of Physical Therapy.

WHAT ARE THE MOST COMMON SPORTS INJURIES?

Sports injury is a term that can describe any injury sustained while exercising or performing an athletic activity. The two most common ways in which sports injuries can occur are:

Acute trauma: A sudden event such as a football player colliding with another, or a non-contact injury like a sudden change in direction or an awkward landing.

Repetitive/overuse injuries: Chronic issues that start from faulty throwing techniques, improper grip on a tennis racquet, or running in ill-fitted shoes.

Simply put, anything that results in pain while performing physical activity can be considered a sports injury.

Acute injuries are caused by a single specific incident, such as:

- **Sprains:** injuries to ligaments
- **Strains:** injuries to muscles
- **Fractures:** injuries to bones
- **Tears:** injuries to any soft tissue, including muscle, tendon, ligament, and cartilage

Some examples of overuse injuries include:

- Tendonitis
- Bursitis
- Shin splints

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit www.ahpcc.com.

ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!

STAY OFF THE BENCH THIS SEASON!

- Tennis elbow
- Runner's knee

Whether you rolled your ankle on the soccer field, swung your bat too aggressively on the baseball diamond, or strained your back while hiking your favorite trail, Atlanta Human Performance Center can help you find relief!

HOW PHYSICAL THERAPY CAN HELP

Your treatment plan will be dependent upon the nature of your injury, your health history, and whether or not the injury requires surgical intervention. If you've sustained a sports injury, rehabilitation should start immediately to ensure the fastest recovery possible.

We will start with an injury evaluation and a biomechanical assessment to identify all the factors contributing to your injury. Our Doctors of Physical Therapy are experts in sports rehab. They will conduct a thorough assessment to determine the injury's severity and identify any other weaknesses or limitations that may affect your recovery.

In addition, we will conduct a thorough history to understand more about your training schedule, the demands on your body, and your overall health status. We will use this information to develop a comprehensive program that includes targeted manual techniques, mobility work, strengthening, and appropriate pain relief techniques.

Next, your therapist will create a targeted, individualized care plan to promote accelerated recovery and future injury prevention. We will incorporate sport-specific treatments with a "return to sport" progression to assist you in a safe return to training and competition.

Each therapy program will include injury prevention strategies that focus on progressing your strength and dynamic stability to restore your function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help you change directions and land correctly to avoid a future injury.

The overall goals of physical therapy are a safe return to training/competition and minimizing re-injury upon your return to the sport you love!

CONTACT US TODAY!

Physical therapy has been proven to treat both acute and chronic sports injuries successfully. At Atlanta Human Performance Center, our Doctors of Physical Therapy will help you get started on the right track toward returning to the sport you love!

If you are an athlete suffering from a sports-related injury, don't waste any more time on the sidelines. Take your recovery to the next level with our physical therapy team!

Call today to schedule an appointment with one of our specialists.



Who Do You Know That Needs Physical Therapy?

Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



TURKEY PUMPKIN CHILI

- 2 cups chicken broth
- 1 can pumpkin purée
- 1 1/2 tsp ground cumin
- 3/4 tsp chili powder
- 1/2 tsp cinnamon
- 1 tsp cayenne pepper
- 1 lb ground turkey
- 1 large onion, diced
- 2 cloves garlic, minced
- 2 cans green chiles
- 2 cans white beans
- sour cream
- shredded cheese (try sharp cheddar for an extra bite)
- sliced radishes
- fresh cilantro leaves

Directions In a 5-to-6 quart slow cooker, whisk together chicken broth, pumpkin purée, ground cumin, chili powder, cinnamon, and cayenne pepper. Add ground turkey, separated, and mix to combine.

Fold in the onion, garlic cloves, green chiles, and white beans, and cook, covered, until the turkey is cooked through, 4 to 5 hours on high or 6 to 7 hours on low. Serve with sour cream, shredded cheese, radishes, and cilantro, if desired.

ANOTHER GREAT SESSION WITH DR. EVANS' DEDICATED 6:00 AM WORK-OUT BUDDIES!



PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of Atlanta Human Performance Center

6 Powerful Winter Physical Therapy Tips to Prevent Sports-Related Injuries

1. Warm-up up effectively during the winter months. Warm up until you break a slight sweat on the surface of the skin, stretch, and begin your regular exercise program
2. A sports-specific warm-up is the best! Warm up doing the activity that you will be participating in at a lower intensity until you break a slight sweat, stretch, and begin your regular exercise routine. Just remember, warmed and stretched muscles help to prevent injuries. Cold unstretched and overly stretched muscles may cause injuries
3. Dress appropriately in layers for the cold environment
4. Even though it's cold outside - after the workout don't forget to cool down, stretch your body after the workout to decrease your susceptibility to injuries, and return your body to a good ambient temperature so that you don't expose your perspiring body to the cold elements for extended periods of time
5. It is imperative that you continue to hydrate during the cold months
6. If any injuries occur, please contact our office immediately so that we can get you back to doing the things you love!

OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

OUR PATIENTS LOVE US!

"If you are looking for a safe place to work out, may I suggest Atlanta Human Performance Center. They have a great staff and it's very very clean. I know with the virus going around and everything people are kind of leery about going to gyms, but this is a very safe place to work out. So if you're serious about your workout may I suggest to check out Atlanta Human Performance Center"

5-Star Google Review



Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



www.ahpct.com