



NEED SURGERY FOR A SPORTS INJURY? TRY PHYSICAL THERAPY INSTEAD!

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Atlanta Human Performance Center Doctors of Physical Therapy can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

TAILORED PLANS AFTER AN INJURY

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay it, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At Atlanta Human Performance Center, our Doctors of Physical Therapy will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

Visit Us Online ahpcpt.com

Call Today At Our East Point Location **404.446.1224** Or Atlanta location **404.346.1526**



WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSIONS

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our Doctors of Physical Therapy with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your Doctor of Physical Therapy will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at Atlanta Human Performance Center will provide the foundation for successful training while reducing future injuries and avoiding surgery!

CONSIDERING PHYSICAL THERAPY? GET STARTED TODAY!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned Doctors of Physical Therapy are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our Doctors of Physical Therapy will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!



The Role of Sports Physical Therapy

The top sports injuries are:

- **Ankle Sprains:** Ankle sprains are common in sports involving running and jumping when the ligaments surrounding the ankle are stretched or torn.
- **Knee Injuries:** Athletes are prone to knee injuries, which can involve damage to ligaments, cartilage, or other structures within the knee joint.
- **Shoulder Injuries:** These encompass a range of issues, including rotator cuff tears and dislocations, often seen in sports that involve overhead motions like swimming or baseball.
- **Fractures:** These involve breaks in the bones from a single, forceful incident or stress fractures (caused by repetitive stress).

Seek the Right Guidance

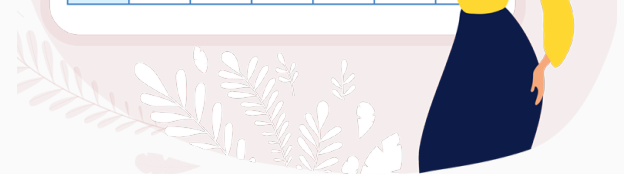
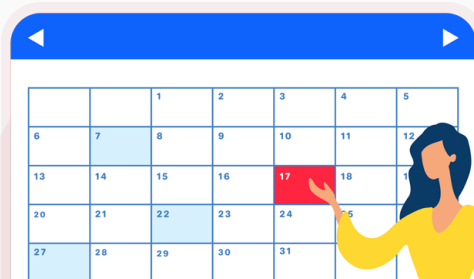
Physical therapy plays a significant role in helping athletes avoid surgeries and return to their optimal performance levels. Here's how:

- **Personalized Plans:** Our Doctors of Physical Therapy design individualized plans that focus on strengthening the muscles and improving mobility to help prevent future injuries.
- **Education and Training:** Our Doctors of Physical Therapy educate athletes on the proper techniques, including tips on body mechanics, posture, movement patterns, and preventive measures to avoid injuries.
- **Functional Restoration:** Physical therapy focuses on restoring the function of injured areas, enabling athletes to return to their sport with a minimized risk of re-injury or need for surgery.

By working closely with our skilled Doctors of Physical Therapy, athletes can return to their favorite sports and sidestep any potential surgeries!



[CLICK HERE TO SCHEDULE YOUR APPOINTMENT TODAY!](#)





HEALTH TIPS

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

5 Nutrition Tips For A Healthy Summer

1. Swap out snacks for fruits and vegetables

Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish

Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Cut down on sugary drinks

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

4. Make sure you're drinking enough water

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

5. Don't forget breakfast

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

We hope these tips will help you navigate this season and prioritize your health this summer!



Call today at our new East Point location 404-446-1224 or Atlanta location 404-346-1526. Or visit www.ahpcpt.com.

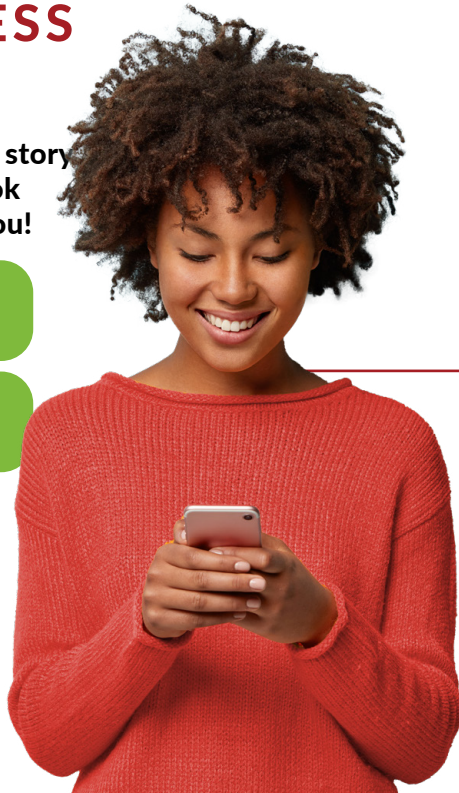
WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave a review. We look forward to hearing from you!

★ ATLANTA

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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!

SLOW COOKER CHICKEN POZOLE

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Freshly ground black pepper
- 2 (15-oz) cans hominy



- Optional garnishes: thinly sliced radishes, jalapenos, green cabbage, fresh cilantro and avocado

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and garnish.

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***NEW LOCATION**
3015 CAMP CREEK PKY
EAST POINT, GA 30344
PHONE: (404) 446-1224
FAX: (404) 228-2481

* PHYSICAL THERAPY HOURS ONLY. THIS LOCATION DOES NOT HAVE A FITNESS CENTER.

MON. WED. & FRI. | 8AM-6PM • TUES. & THUR. | 9AM-4PM
SAT & SUN. | BY APPOINTMENT ONLY