


The METRO SPORTSMED SUMMER NEWSLETTER July 6th, 2009

Monday, July 6, 2009

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METRO SPORTSMED®
Physical & Occupational Therapy

METRO SPORTSMED® Physical and Occupational Therapy is pleased to present our Summer Newsletter. In this issue we will offer tips for preventing injuries, exercise guidelines, and on how to treat an acute injury. Please make of a note of our latest news & products!

Thank you for choosing us as your rehabilitation provider,

The METRO SPORTSMED® Team

www.metrosportsmed.com

718.METROSPORTSMED

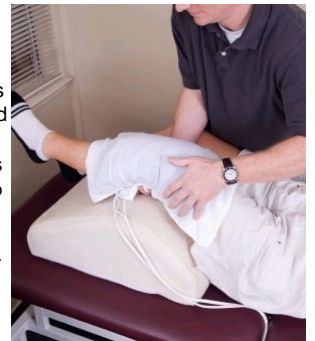
718.638.7677

What To Do After An Acute Injury...

If you suffer an acute injury such as a sprain, strain, muscle pull, or tear, you need immediate first aid. Certain measures can help limit the pain and swelling and protect the injured area. Here are some things you can do right after injury, until you can get to see the doctor:

Remember the acronym R.I.C.E.

1. **Rest** – Immediately after injury, rest to protect the area from further damage. Sit or lie down until you can get treatment. If you hurt your low back, then lie down on your back with your some pillows under your knees, until you can get medical attention.
2. **Ice** – Place cold pack, or even a bag of frozen peas, covered with a thin towel or pillowcase for 10-15 minutes at a time up to 3-4 times/day. Cold can provide short-term pain relief and limits swelling by reducing the blood flow to the injured area. Be sure not to ice more than 20 minutes!
3. **Compression** – This limits swelling, which helps with the healing process. If swelling starts, wrap the area with an ace bandage but not too tight (this works well for areas like ankles, knees, wrists, and elbows. If the wrap feels too tight, or starts throbbing, remove the wrapping and re-wrap. If you are not sure how to properly wrap the injured area, give us a call!
4. **Elevation** – Put your injured area (arm or leg) above the level of the heart to help reduce swelling. So if you injured your ankle, lie down and prop your ankle up on 2-3 pillows.



After 1-2 days of R.I.C.E., many sprains, strains or other injuries will start to heal. However, if your pain or swelling does not decrease after 48 hours, make sure to call your doctor, or even go to the emergency room, depending on the severity of your symptoms.

Exercise Guidelines For Pain

"No pain no gain". Right?

Wrong! Exercise, for the most part, should not be painful!

If you are new to exercising or are returning to exercising, you will experience some muscle pain/soreness, but that should go away in the first 24-48 hours. However, if it hurts for longer than that, you need to get medical attention

Here are 3 categories to serve as guidelines for you if and when you experience pain when exercising:



Green light: When an exercise/activity produces or increases pain but **gets better** with time or repetition and remains **better** after the activity. This is a desirable response and indicates the need to do this exercise or activity more frequently.



Yellow light: When an exercise/activity produces or increases pain during the activity but **remains the same** each time and is **no worse** after completion of the activity or exercises. This is an indication to monitor the response and proceed with caution. Be careful here with increasing your load, repetitions, or duration with any exercise when you are in this zone.



METROFIT Health & Wellness Division

In an effort to meet the growing needs of the community, we have developed METROFIT™ a health and wellness division to compliment your active lifestyle. We offer [nutritional services](#) & [natural supplements](#), an [online store](#) featuring rehab items used during your sessions, along with a wide array of fitness and yoga classes to suit your schedule.

Please feel free to visit our site@ www.metrofitonline.com

MONTHLY PROSPECT PARK TRACK CLUB MEETING

Monday: July 6th

Time: 7:00-8:00 pm

Place: METRO SPORTSMED Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact :

jsheinberg@metrosportsmed.com

TRY OUR SENSFLEX HOT/COLD COMPRESS

Warm them in the microwave for heat therapy. Put them in the freezer for cold therapy. Sensaflex compresses stay soft, even at freezer temperatures and retain their hot or cold therapeutic benefits for extended periods of time. Large gel packs mold to your body to deliver soothing therapy. Price Range \$13.00-\$18.00 Variety of styles to choose from

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EXCITING NEWS!

We are opening our newest facility in Mill Basin @

GOLD'S GYM



Red light: When an exercise/activity produces or increases pain during the activity and remains **worse after**. This indicates the need to **avoid** that exercise or activity until you can have the condition or activity evaluated by your health care professional.

Visit us and receive 25% off membership pricing!

METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK locations

Tips For Preventing Injuries

Whether you've suffered from an injury before or are trying to keep from getting injured, the following tips can help you protect your muscles and joints:

- Get a regular physical exam.
- Don't overdo any activity. Stop when your body tells you to!
- When stretching, make sure you hold the position. Don't bounce.
- Warm-ups and cool-downs should be a regular part of the routine.
 - Warm-up includes stretching or light jogging and can help minimize chance of injury. They also make the body's tissues warmer and more flexible to start exercise.
 - Cool-down following exercises or sports to loosen the muscles that have tightened during exercise. For example, after a race, walk or walk/jog for 5 minutes so your pulse comes down gradually.
- When doing a squat:
 - Don't bend knees past 90 degrees.
 - Don't have your knees go past your toes.
- When jumping, land with your knees bent, not locked straight!
- Always avoid doing strenuous activity when very tired or in pain.



Remember, the **METRO SPORTSMED®** Physical Therapy Team knows how important your activities are to you, and we work hard to get you back to function as quickly as possible.

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