



HEALTH & WELLNESS NEWSLETTER

www.EllisPhysicalTherapy.com | (208) 266-2695



Physical Therapy Can Help You **GET READY FOR FALL SPORTS**

Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At Ellis Physical Therapy, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season! Request an appointment to get our team to help you get ready to compete!

How Physical Therapists Help Athletes Prepare for Fall Sports

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

Visit us online www.EllisPhysicalTherapy.com or call today (208) 266-2695

HOW PHYSICAL THERAPY HELPS PREVENT INJURY AND ENHANCE PERFORMANCE



Injury Prevention with Physical Therapy

One significant aspect of physical therapy at Ellis Physical Therapy is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to being sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Sources:
<https://delfamdoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf>
<https://link.springer.com/article/10.1007/s40279-019-01232-4>

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court. We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

Request an Appointment at Ellis Physical Therapy Today

At Ellis Physical Therapy, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport.

Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

**CLICK HERE
to take your game
to the next level!**



FASTER PROGRAM

FASTER stands for Fitness and Sports Training Enhanced Rehabilitation. The FASTER program is an innovative method to optimize performance by emphasizing correct biomechanics, core strengthening, and proper muscle recruitment patterns for higher speeds. Training begins with an evaluation to target biomechanical deficits and imbalances which can lead to power leaks. Once these are detected, personalized training programs are formulated to safely meet your individual needs.

The FASTER program focuses on optimizing the following characteristics:

- **Correct biomechanics.** This includes gait analysis and correction as well as postural analysis and correction using functional assessment tools.
- **Core strengthening.** The core acts as the body's foundation. With a stable foundation optimum levels of fitness can be achieved. Vibration training is included to create ideal muscle activation.
- **Proper muscle recruitment patterns.** This includes vibration plate and unweighted treadmill training. Jump-on and 360's on our over-speed 28mph treadmill focus on neuromuscular adaptations to increase the efficiency of the first step and increase explosive power and top speed.

Optimal functioning of these characteristics not only significantly reduces the occurrences of injury, but also increases:

- Speed
- Vertical Jump
- Agility
- Flexibility
- Strength
- Balance
- Body Composition
- Coordination

HOW ARE WE DOING?



Click below to tell your PT story and leave your review.



At the end of the initial program, our average athlete gains:

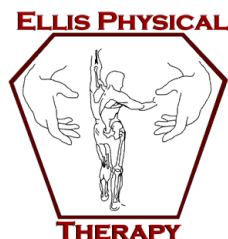
- 2" increase in vertical jump
- 2/10 sec decrease in their 40 yard dash
- 2 seconds off their shuttle time
- Athletes who choose to repeat the program continue to advance and see even greater gains



Coach Barry Johnson CSCS, USAW Level 1 is a strength and conditioning coach who helps out with our FASTER program. With years of experience working with athletes at the collegiate level. Coach has worked at multiple college programs including University of Utah, Virginia, Washington State, Idaho State, and the University of Pacific. Coach is well respected and was voted ACC Strength and Conditioning Coach of the Year. He has done the FASTER program for many years and is FASTER certified. Coach has used over-speed training in a variety of ways to increase stride frequency and found the FASTER programs design has been by far the safest and most successful. Coach has been working with high school athletes for the past 15 years.

CONTACT US TODAY TO TAKE YOUR PERFORMANCE TO THE NEXT LEVEL!

“After years of hearing ‘he’s not fast enough, he can’t jump high enough, he doesn’t have that burst,’ I decided to do something about it. I stumbled upon FASTER and it changed my game. The next-level technology provides a way to improve all those characteristics and reach a new level. I dropped my 40-yard dash time 0.3 of a second and started dunking a basketball just a few weeks into the program. It’s helped me; it can help you!” — Derek M.



3100 S Woodruff Ave.
Idaho Falls, ID 83404
(208) 266-2695

Office Hours:
Mon. & Wed: 7 AM – 7 PM
Tues. & Thurs: 8 AM – 6 PM
Fri: 7 AM – 6 PM
Closed: Sat – Sun

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