



TREATING YOUR INJURIES WHILE PREVENTING NEW OCCURANCES



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TREATING YOUR INJURIES WHILE PREVENTING NEW OCCURANCES

Do you have pesky pain you're trying to kick? We understand that many people simply don't have the time to keep coming back to physical therapy. Maybe you're in school, you have a full-time job, you're chasing after young children or grandchildren, or you're a committed athlete who simply can't be out of the game for that long. We get it – you're busy! When you come in for an injury or pain relief, you want your physical therapy treatments to be a "one and done" deal. At Peak Performance, we want the same for you! Give us a call today to hear more about our injury prevention services and how we can make sure your treatment with us will nip your pain in the bud once and for all.

How can I prevent an injury?

We offer injury prevention screening to help determine your likelihood of experiencing an injury in the near future. Your body tells you in subtle ways what it can and cannot do – and we're here to listen. How do we do this? First and foremost, we will analyze how your body bends, twists, and moves altogether. This can include watching how you squat and jump, testing your flexibility, and noting your



range of motion. During an injury prevention screening, we are on the lookout for abnormalities, whether it be in wobbly landing positions, weak limbs, low range of motion, or overall issues with posture and technique. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

After your initial screening, your physical therapist will come up with a plan to help significantly lower your risk of future injury. This may include manual therapy, technique and form assistance, therapeutic exercise, or any of our additional services that your physical therapist sees fit. They may also send you home with some helpful tips and exercises that you can do on your own to help prevent your risk of future injury.

A MESSAGE FROM THE CEO



Jill Marlan
PT, MSPT, OMPT, CSCS
CEO & Founder of
Peak Performance
Physical Therapy

Many of you visit your primary care physician for your annual physical each year. This often consists of an overview of your general health and medication review. Additionally, over 105 million people visit their primary care physician for musculoskeletal conditions each year costing upwards 50 billion dollars a year. Physical Therapists are highly trained doctors that specialize in movement, injury prevention and musculoskeletal injuries. Like an annual physical with your primary care physician, you can see a physical therapist for an annual musculoskeletal physical. This is a cost effective measure to maintain a pain-free healthy life style, while working with our specialists that are highly trained in these areas. Furthermore, studies show that physical therapy can be just as effective as some surgical procedures. Call and schedule your annual musculoskeletal physical today at one of our 4 locations. We would love to show you how we can help you reach your peak!

TIPS FOR PREVENTING COMMON INJURIES AT HOME

- **Stretching your calves.** This is something that you should do before and after every workout. When your calves become tight, the tissues of your fascia can pull and tear, causing injury. Stretching your calves can prevent muscles from stiffening, thus decreasing any painful risks.
- **Massaging your feet.** If you think about it, our feet get quite the workout every single day – they literally hold us up! This can inevitably cause discomfort, especially if we are on our feet more than planned, or we complete a new, extensive workout that we are not used to. A simple remedy is to massage the soles of your feet with a tennis ball. If you are experiencing pain, you can also massage them with a frozen water bottle, which can relieve swelling.
- **Exercising your toes.** Toes may be a part of the body that you don't think about a whole lot but working out your toes can actually have a lot of positive effects. By simply doing daily toe scrunching exercises, you can strengthen your arches and prevent painful conditions, such as plantar fasciitis.
- **Strengthening your back (and other commonly used body parts).** Did you know that back pain is the most globally reported source of pain? There's a reason! Our backs do a lot of work throughout the day, and it is a long and tender part of everyone's body. You can strengthen your back, stomach, and thighs by doing simple exercises, such as partial crunches and wall sits. These are all highly used

parts of our body and strengthening them will both make it easier on your daily life and help prevent your risk of injury to them in the future!

- A study titled "Prevention of Sports Injuries: Systematic Review of Randomized Controlled Trials" from the Archives of Internal Medicine also stated that ***the prevention of sports-related injuries was highly associated with the use of:***
 - Insoles
 - External joint supports
 - Multi-intervention training programs

If you are an athlete and you feel your fitness regimen may be putting you at risk or wearing you down, these proven aids can help you significantly decrease your probability toward harmful and painful injuries. If you've suffered from pain and injury in the past, and you want to figure out how to stop them once and for all, schedule a consultation with one of our physical therapists today. We'd be happy to meet with you and create a plan for better health!

PEAK PERFORMANCE
Physical Therapy

COLLABORATION CORNER



Please meet Dr. Meredith Heisey. Dr. Heisey is a fellowship-trained surgeon specializing in the treatment of Sports Medicine, Shoulder, Knee and Elbow conditions. Dr. Heisey believes that her caring bedside manner and approachable personality provide the opportunity to develop a special rapport with her patients. Consistent, clear communication and education are the key components that allow her to build lasting relationships with patients and their loved ones. This approach allows for informed and shared decision making to achieve customized solutions and a more satisfactory healing process. Dr. Heisey regularly collaborates with Peak Performance Physical Therapy to bring the best care to get patients back to reaching their peak.

STAFF SPOTLIGHT



Joseph Mitrzyk, PT, DPT

Joe Graduated from Alma College in 2018 where he majored in Integrated Physiology and Health Sciences, he then attended Central Michigan University for the Physical Therapy Program where he graduated from in 2021 and earned his doctorate. Joe attained his certification as a Certified Strength and Conditioning Specialist in 2020 as sport performance and strength and conditioning has been a passion of his. Joe

was a member of the Men's Basketball Team at Alma College for two years. In his free time you'll likely find him in the gym, shooting hoops at a local park, or exploring local hiking trails.

PATIENT SUCCESS SPOTLIGHT

"I have had chronic pain in my hips for over 6 years and chronic neck pain for the past 2 years. At Peak Performance each session included 30 minutes of manual therapy and 30 minutes of exercise. I also had assigned exercises to do at home. Betty was attentive, skillful, helpful and compassionate. I've seen other doctors for my pain, and I can confidently state that no one has helped me more then Betty and the staff at Peak Performance. I am 95% better and the rest is simply a matter of continuing to regularly exercise. I am ready to take it from here!" - K.T.

HEALTHY RECIPE

SLOW COOK CHILI



Ingredients

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

Instructions

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours. If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.

OUR SERVICES

- Manual Therapy
- Massage Therapy
- Personal Training
- Group Training
- Individual Training
- Kinesio Taping
- IASTM
- Dry Needling
- Electric Stimulation
- TIP Certification
- Nutrition Services
- Injury Prevention Seminars
- Educational Forums
- And More!

IS IT TIME FOR YOU TO SEE A THERAPIST?

Call or visit us online today to schedule your next appointment! Scan the code below with your smartphone to start your journey now.



517-305-4955