

the NEXT STEP

Excel Physical Therapy's Newsletter

Congratulations

Maria & Jason!

Nutrition & Injuries

Nutrition can play a big role in the healing process. There are three phases of healing our bodies go through during recovery from an injury and eating the right foods can assist the healing process. The body's healing timeframes are as follows:

- Inflammatory Phase ≈ 5 days
- Proliferation 4-21 days
- Remodeling 5 days – 2 years

The Inflammatory Phase: Inflammation is critical as it triggers the repair process. Too much however can cause additional damage. During this phase, eat more anti-inflammatory fats like, avocados, olive oil, fish oil, flax oil or ground flax seed, whole fish like mackerel, salmon, sardines, mixed nuts and seeds. It's also important to reduce consumption of pro-inflammatory foods like processed foods high in saturated fats, vegetable oils like corn, sunflower, safflower and soybean, foods with trans-fats. You can also include inflammation managing herbs and spices like curcumin from turmeric/curry powder (7 tsp of powder or 400-600mg supplement form), garlic (2-4 cloves or 600-1200 mg of aged garlic extract), bromelain from pineapple (2 cups of fresh or 500-1000mg in supplement form), as well as cocoa, tea and berries.

The Proliferation/Remodeling Phase: Energy intake during this phase is first priority. Metabolism can increase 15-50%, so you'll need fewer calories than when training hard but more than when sedentary with each meal. Eat adequate protein (minimally processed meats, legumes, eggs, plant-based proteins, protein supplements), balance dietary fat (about 1/3 of fat intake from saturated, 1/3 from monosaturated, and 1/3 from polyunsaturated), eat the rainbow (include a diverse mix of fruits and veggies), eat enough carbs (minimally processed carbs like white oats, whole grain rice, sprouted grain breads and quinoa). Useful supplements for 2-4 weeks post -injury include, vitamin A (10,000IU/day), copper (2-4mg/day), vitamin C (1-2g/day) and zinc (15-30mg/day).

Nutrition Basics:

- Pick whole foods=products of nature, NOT industry
- Avoid processed foods=store bought/convenience foods that have added salt, sugar, and fats
- Eat a balanced diet
- Drink water=most adults need 2L/day

We continue to strive to do what's best for our patients and community. Thank you for your continued support.

Maria Lofgren, PT & Francine Bartlett, PT, DPT, ATC
Owners Excel Physical Therapy

Golf Based Rehab

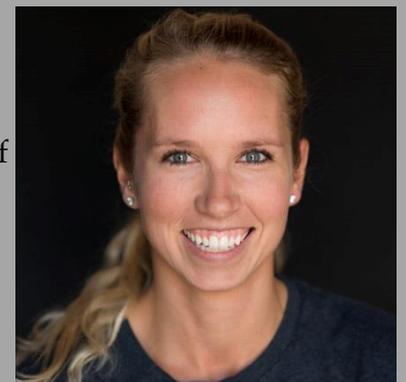


Suffering from past golf injury?

Want to prevent future injury?

Make your appointment today with our golf rehab specialist Amy Harmon, PT, DPT.

Amy will evaluate your body mechanics and design a program specifically to help you treat or prevent golf specific injuries.



Concussions—How Can PT Help Recovery?

What is a Concussion?

A concussion is a traumatic brain injury that can damage brain tissue and disrupt normal functioning of the brain. It is caused by a jolt, blow or bump to the head that causes the brain to move violently inside the skull.

Common Causes:

Falls, motor vehicle accidents (head impact or whiplash), sports injury, and assault. Really any forceful impact to the head or neck.

Signs & Symptoms

There are many symptoms you may experience and will affect your physical, mental and emotional well-being.

- **Physical:** Headache, dizziness, nausea and vomiting, poor balance, light and noise sensitivity and fatigue
- **Cognitive:** Fogginess, poor concentration, memory loss, confusion and slow responses
- **Emotional:** Irritability, depression, nervousness, mood swings, uncontrollable and unpredictable emotions
- **Sleep Disturbances:** Drowsy, difficulty falling asleep, sleeping more or less than normal

Some symptoms will present immediately, some will show up hours or days after the injury, and some may present months or even years later. For this reason it is important to seek medical treatment *immediately* after any head injury, and follow up with your healthcare provider and physical therapist to minimize and help prevent long-term effects. Most symptoms should subside in 7-10 days. During this time it is important to rest your body—get plenty of sleep and avoid physical activity, and rest your brain—avoid activities

that are over-stimulating or require a lot of concentration, including TV, cell phone use and reading.

What can a Physical Therapist do?

PT's have advanced education in vestibular rehabilitation and are specially trained to perform evaluations of individuals with head injuries. After evaluation, your PT will create an individualized treatment plan based on your specific signs and symptoms, which may include:

- **Reducing dizziness and improving balance:** if you have these symptoms, you will benefit from individualized vestibular rehabilitation to reduce or stop your dizziness. This important to address in order to prevent long-term neurocognitive problems
- **Headache treatment:** Your evaluation will assess several causes of headache. Some can cause persistent visual impairments, so it is important to get treatment to prevent ongoing symptoms and disability
- **Rest & recovery:** your PT will help with activity limitation to promote healing and symptom reduction
- **Return to Normal Activity, Work or Sport:** based on your symptoms and response to treatment, your PT will help guide you at an appropriate pace to prevent reoccurrence of symptoms and minimize long-term effects of your injury. Following concussion, there are specific guidelines to follow to return to sport safely. Your PT can help navigate these to optimize your recovery and get you back to your sport, work and normal daily activities safely.



Featured at Excel Physical Therapy

Rehab for Runners

Suffering from past running injury?

Want to prevent future injury?

Make your appointment today with our running analysis specialist Andi Gordon, PT.

Andi will evaluate your body mechanics and design a program specifically to help you treat or prevent running specific injuries.

