



Advantage-Physical-Therapy

AdvantagePT  
STRONGER TOGETHER

www.AdvantageSportsTherapy.com 

# NEWSLETTER

## SKIING & SNOWBOARDING INJURY PREVENTION

WITH PHYSICAL THERAPY



### STOP ON BY! WE'RE HERE TO HELP YOU

We continue to be open following all safety protocols, patients should call now to get the appointment times they need.

**INSIDE:** Tips For Staying Safe & Preventing Injuries • Patient Success Spotlight • Healthy Recipe

# NEWSLETTER

## SKIING & SNOWBOARDING INJURY PREVENTION



FREE

**LASER TREATMENT**

SPECIAL OFFER

AdvantagePT  
STRONGER TOGETHER

Mention or bring in this coupon today. Offer expires 03/28/21

## BENEFITS OF LASER THERAPY

The Light Force laser system has been clinically proven to relieve pain associated with injuries, accidents or surgeries. Light Force Therapy has been used for years by physical therapists and athletic trainers working with professional athletes who have been injured.



We're right in the thick of ski and snowboard season, and at Advantage Physical Therapy, we know this is an exciting time for many of our patients who love outdoor sports. Skiing and snowboarding are both great ways to get some serious exercise and enjoy the great outdoors – all while getting that adrenaline rush!

Advantage Physical Therapy wants to make sure our patients are safe while participating in their snowy sports and hobbies this season. Contact our clinic today to find out how you can stay as physically fit and safe as possible as you're gliding down that mountain!

Laser therapy effectively treats lower back pain, neck pain, arthritis, bursitis, carpal tunnel syndrome, tennis elbow, plantar, and sciatica. It can also be used to treat sports injuries, sprains and strains, or other soft tissue injuries throughout the body. Anywhere there is pain or injury, laser therapy can help. Even older injuries that have not healed properly can be improved with this type of physical therapy service.

If you are experiencing pain in any part of your body, laser therapy may be right for you. Contact us today for a consultation and let our physical therapist assess your situation. **Start living the life you deserve, pain free.**



Redmond: (425) 883-9630

Sammamish: (425) 883-9631

# FREE LASER TREATMENT

DETAILS INSIDE

[www.AdvantageSportsTherapy.com](http://www.AdvantageSportsTherapy.com)



Advantage-Physical-Therapy

## WE MAKE IT EASY TO LEAVE A REVIEW!

### INSTRUCTIONS:

- 1. Open your smart phone to the camera app**
- 2. Center the QR code above in the frame**  
*(this will take you directly to our Facebook Review pages)*
- 3. Tell us how we've done!**



# TIPS FOR STAYING SAFE & PREVENTING INJURIES

**1. Improve your balance and technique to prevent sore muscles.** High-level skiing and snowboarding require intense, heavy use of the foot and ankle. When it comes to improving your performance with your edging and balancing movements, you must be acutely aware that your foot and ankle are responsible for transferring your weight from the inside to the outside edge of the ski/snowboard and back. This also includes sensing and adjusting your balance over the center of the skis or your snowboard. The efficiency of the foot and ankle as it tips from the big to little toe balances your "center of mass" (also known as your body weight) and decreases the stress put on your hip and thigh muscles.

This technique will improve the more you practice, but it is important to make sure that you are practicing the correct technique from the start or else your muscles may become overworked!

**2. Wear properly fitting ski/snowboarding boots.** Balance, alignment, and the ability to articulate the ankle in your boots has profound effects on your performance and endurance. How your ski/snowboard boots fit is directly responsible for fine edge engagement and balance. You shouldn't wear ill-fitting shoes during your normal everyday activities, and the same is true when applied to sports. You must wear properly fitting boots when skiing and snowboarding if you want to decrease your risk of injury.

Even if the fit of your boot is only off by a small bit, it can change your performance by a lot! You may have to work harder to stay balanced and aligned, which can lead to overuse of the knee, hip, and trunk muscles. This can also lead to inefficient compensatory movements. If you are unsure about the correct fit of your ski or snowboard boots, our physical therapists at Advantage Physical Therapy would be happy to do an assessment for you.

**3. Start your season off slow.** Whether you're a dedicated athlete or just starting out a new winter sport, it is always a good idea to start the season off slow and begin on a gentler terrain than is necessary. This means even if you're a pro-athlete, you should start off a slope smaller than you think you need and work your way up.

This will help warm up the muscles you will need to use for the entire ski/snowboard season and get you used to the sport again. It can also help avoid unnecessary muscle strains or other painful injuries.

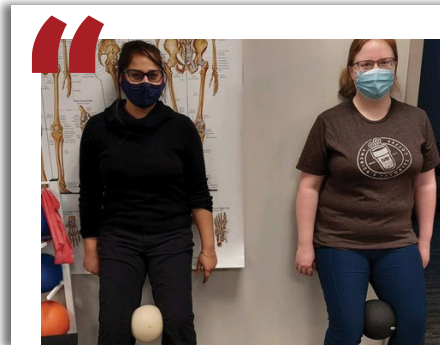
**4. If you're feeling tired, take a break.** Feeling tired or achy? Listen to your body's messages and take a break once you begin to feel fatigued – fighting through it can lead to unwanted injuries down the road. A lack of muscle strength and physical conditioning may be a factor limiting your endurance and performance on the slopes. Muscle fatigue in the thigh muscles (quadriceps) and buttocks muscles (gluteal) are common signs that it's time to call it a day. If your leg and hip muscles become overly tired, it can also lead to some common skiing and snowboarding injuries.

If you are looking to increase your endurance and improve your skiing or snowboarding performance, contact Advantage Physical Therapy to get started on an athletic performance plan.



**Sustained an injury? Schedule an appointment with us!** If you've sustained an injury from skiing or snowboarding, rest assured that this setback doesn't have to keep you off the slopes for long.

Our skilled team of physical therapists at Advantage Physical Therapy can assess your injury and create a customized treatment plan that will have you back up on your feet and performing at your best in no time at all! **To schedule your appointment with us, call our clinic today.**



## Patient Success Spotlight

**"I am feeling much better overall and have more confidence to do more with my baby!"**

*"I have been a patient at Advantage PT for a few weeks, but my family has been a patient since last year. I have been working with Inayat to strengthen my pelvic floor since having my baby in September. She has been nothing but professional, friendly, and caring. We have been working to strengthen abdominal muscles due to separation from pregnancy. Pelvic floor therapy has kept my bladder from leaking which is why I decided to seek therapy. I am feeling much better overall and have more confidence to do more with my baby. I highly recommend Advantage PT for your PT needs! Specifically seek out Inayat if you just had a baby!" - Jordan P.*

# WE'RE STAYING SAFE!

1. We minimize contact points such as doorknobs as much as possible.
2. We provide protective screens at our front desks.
3. We have ample hand sanitizer spread throughout the clinics.
4. We are wearing masks and ask that our patients wear masks when social distancing isn't possible (unless it adversely affects the ability to provide care).
5. We have masks for you if you need one.
6. We deep clean surfaces daily.
7. We wipe the table and change all linens that have been contacted between each client visit.
8. We wipe down doorknobs, chair arms, and any other surface that has been touched or used during a treatment.
9. We continue to provide our treatments in private treatment rooms.
10. We are requiring clients to call and cancel appointments if ill and waiving all cancellation fees for illness.
11. We are also requiring staff to stay home if they are ill.



**WE'RE GETTING VACCINATED!**



**CLEANING HANDS OFTEN**



**AVOID TOUCHING FACE WITH YOUR HANDS**



**SNEEZE & COUGH INTO TISSUES**



**AVOID HUGS OR SHAKING HANDS**



**USE GLOVES WHEN NECESSARY**



**KEEP DISTANCE FROM THOSE INFECTED**

## BLACK BEAN DIP



### INGREDIENTS

- 1 can black beans, drained
- 2 cloves garlic
- 3 tbsp chopped red onion
- 2 roma tomatoes

- 2 tbsp lime juice
- ½ tsp cumin
- ½ tsp chili powder
- ½ tsp kosher salt
- Green onion for garnish

### DIRECTIONS

Add all ingredients to a food processor and blend to desired consistency.

**Check out @pnwdietitian on Instagram for more recipes.**

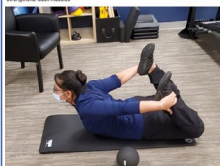
**CHECK OUT OUR FACEBOOK PAGE!**



**f Advantage-Physical-Therapy**

**Advantage Physical Therapy**

**Blue pain**  
A myofascial trigger, trigger, acute, chest and abdominal organs, and spinal cord. Blue pain is a great stretch for the spine, abdomen, hip flexors and diaphragm. Blue pain works for many ways to stretch and the body and its parts. Alternatively it begins to stretch to their approach. Stretching, Abdomen, Hip flexor, ankle, and shoulder.  
#myofascial trigger #myofascial



**Advantage Physical Therapy**

**"Back pain"** is an all encompassing term used to describe a vast number of conditions that cause pain in the upper or lower back. Sports-related injuries, poor posture, and car accidents are just a few of the many ways that someone can develop back pain.  
#backpain #physicaltherapy #chiropractic



**Advantage Physical Therapy**

If you're ever dealing with chronic pain for some time, then you should know you're not alone. Chronic pain is a complex, associated with various, although there are plenty of other chronic ailments that can lead to chronic pain and more.



**Advantage Physical Therapy**

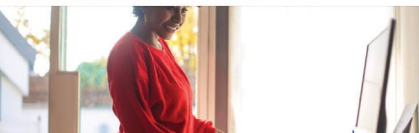
Here's some tips on shoulder mobility from Redmond clinic's very own RC



**Advantage Physical Therapy**

January 18 at 11:00 AM · 🌐

Advantage Physical Therapy can help you get active even with a desk job! We can help you relieve pain points and build strength to reduce injury risk.  
<https://advantagephysicaltherapy.com/doing-you-work-from-a-/>



## DISCOVER MORE ABOUT ADVANTAGE PT ON FACEBOOK!

Read about our patient successes, meet our team, learn new home exercises, discover new ways to social distance and enjoy Washington, and more!

1. Open your smart phone to the camera app
2. Center the QR code above in the frame (this will take you directly to our Facebook! Page)



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