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STAY IN THE GAME



Newsletter for all our Form & Function Family



Rotation Ready: Safeguarding Your Body in Spring Sports

As spring sports get into full swing, athletes are ready to hit the field, track, and courts with excitement and energy. But before you dive into intense competition, there's one thing to keep in mind—rotational injuries. These injuries, often caused by sudden twisting or turning motions, can sideline even the most prepared athletes.

Whether you're swinging a bat, making a sharp cut on the soccer field, or winding up for a throw, rotational movements put a lot of stress on your body. But don't worry, with the right knowledge and precautions, you can stay safe and avoid injury. In this edition, we'll dive into the most common rotational injuries seen in spring sports, how they happen, and the best ways to prevent them so you can keep playing at your best all season long!

OVERVIEW:

- Rotation Ready: Safeguarding Your Body in Spring Sports
- Products We Love
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A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

Types of Rotational Injuries

Rotational injuries are caused by forceful twisting or turning motions, often leading to sprains, strains, and tears.

These injuries can involve any part of the body but are most commonly seen in the shoulders, knees, and lower back.

Rotator Cuff Strain is a strain or tear in the rotator cuff muscles and tendons, often caused by repetitive overhead motion or improper mechanics. They commonly occurs during activities that involve throwing or swinging, such as baseball, softball, tennis, and track and field (specifically in throwing events like javelin or shot put). The forceful twisting motion of the arm during these movements can overload the rotator cuff muscles, leading to strain or injury.

Lower Back Strains are often due to overstretching or twisting motions. Sports like track and field (particularly in throwing events), tennis, baseball, and golf can lead to

lower back strain. Rotational motions in these sports—such as twisting the torso during a throw or swing—place stress on the spine and surrounding muscles.

Thrower's/ Tennis Elbow involves inflammation or damage to the tendons in the elbow, often caused by repetitive rotational motions. It is common in baseball (especially among pitchers), softball, and tennis. Repeated throwing or swinging motions can overstrain the tendons in the elbow, leading to conditions like tennis elbow or golfer's elbow.

ACL Tears are one of the most feared injuries across all sports. It's a tear or sprain of the anterior cruciate ligament (ACL) in the knee, which plays a key role in stabilizing the joint during rotational movements.

They are common in sports that involve quick changes in direction, such as soccer, lacrosse, and basketball. The ACL can be torn during

sudden pivoting or twisting motions, especially when the foot is planted but the body continues to twist or rotate.

Labral Tears can occur both in the hips and shoulders. It is a tear in the cartilage that forms a cup around the hip or shoulder joint, providing stability. Baseball, softball, and lacrosse players are prone to shoulder labral tears due to the repetitive overhead motions of throwing. Soccer and basketball players can also experience hip labral tears from the intense rotational movements required in cutting, pivoting, and shooting.

Hip Flexor Strains are strains or tears in the muscles that help lift the leg (hip flexors), which are also involved in rotational movements. Rotational actions in sports like lacrosse, soccer, and baseball can overwork the hip flexors. Quick pivots or powerful kicks put significant strain on the hip flexors, leading to strain or injury.

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
 - Boosted energy, circulation, and oxygenation of blood and tissue
 - Improved sleep quality, blood pressure, and cholesterol levels
 - Balanced immune system and accelerated cell regeneration
 - Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

Preventative Measures

While rotational injuries can be common in spring sports, they are preventable with the right precautions.

Here's how athletes can stay safe:

Flexibility also plays a major role in injury prevention, as tight muscles can increase the likelihood of strain.

Dynamic stretching before activity, such as leg swings and torso twists, helps prepare muscles for the demands of rotational movements, while static stretching afterward promotes recovery and keeps muscles limber.

Additionally, athletes should focus on mastering proper technique, whether in a throw, swing, or change of direction. Using correct form minimizes unnecessary stress on joints

and muscles, reducing the risk of injury. It's also important to gradually increase the intensity of training and competition to allow the body to adapt, preventing overuse and fatigue. Finally, ensuring

adequate rest and recovery is crucial, as muscles and joints need time to heal and rebuild after exertion. By combining these strategies—

strengthening, stretching, proper technique, gradual progression, and rest—athletes can significantly reduce their risk of rotational injuries and continue performing at a high level throughout the season. A strong core is essential, as it provides stability during rotational movements and helps protect the spine. Core exercises like band work, should be incorporated into training to enhance both strength and endurance.

So there you have it!

Rotational injuries are a common risk in many spring sports, but with the right strategies in place, they can be effectively prevented.

Focusing on core strength, flexibility, and proper technique provides athletes with the necessary tools to safeguard their bodies during the dynamic twisting and turning motions that are integral to many sports. A

strong and flexible body is better equipped to handle the physical demands of activities like throwing, swinging, and pivoting, which are often the root causes of these injuries. Additionally, emphasizing gradual progression in training intensity and ensuring that athletes get proper rest and recovery are critical in avoiding overuse injuries, which are just as damaging as sudden trauma. Remember, the best way to stay ahead of injury is to be proactive—by making these habits a part of your routine, you're giving yourself the best chance to succeed both on and off the field.

If you experience any of these, you should call us at 888-619-2885 to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back in the game quickly

You can find out about the cost and availability of a physical therapy assessment by [Scheduling Here.](#)

Product We Love



Pulsed Electromagnetic Field Therapy (PEMF)

PEMF therapy, originally approved in the 1970s for healing nonunion fractures, has since revealed its vast potential in addressing various health issues. This therapy not only accelerates healing from physical trauma and injuries but also aids in alleviating pain stemming from chronic conditions and degeneration. So, how does PEMF therapy work? It operates on the principle that every cell, atom, and chemical in our bodies functions through electromagnetic energy.

Disruption in this energy flow can lead to impaired cell metabolism, contributing to various health issues. PEMF therapy aims to restore this balance, ensuring optimal cellular function and health.

PEMF therapy works by delivering healing electromagnetic frequencies directly to the cells. This process bypasses bodily barriers, reaching every cell, tissue, organ, and even bones

Promos of the Month

FEBRUARY PROMO

SHARE THE LOVE

GET A FREE COLD LASER SESSION BY REFERRING A NEW PATIENT



FORM & FUNCTION
PHYSICAL THERAPY
SPORT • INJURY PREVENTION • PAIN • WELLNESS

25% Off Joint NutraCare For First Time Buyers On the Website



Patient of the Month

Mimi Reynoso



This month's patient spotlight shines on one of our current patients Mimi Reynoso! Mimi currently plays tennis for Riverside City College. Although she has been playing tennis for around 7 years, she was sidelined in 2023 following a back injury sustained during a major tournament. She suffered extreme tightness in her back that left her hardly able to walk. She came to us hoping to achieve the same positive outcomes that another family member, who had struggled with back issues, experienced with our help years ago. After a couple of sessions of extensive hands-on rehabilitation with us, Mimi was starting to move like her old self and felt immense relief. A month later, she was back on the court, playing a pivotal role in her team's success. Since working with us, Mimi has accomplished some major feats including representing Southern California in the ITA Cup tournament in Georgia. She still comes in regularly to ensure her back stays in tennis-ready shape. Mimi is a Psychology major and will be transferring to the University of California, Irvine this fall, where she plans to continue pursuing her tennis career. In her spare time, she teaches private tennis lessons and community tennis lessons. With her expertise, her students are motivated to reach their full potential and see great results in their game. We see nothing but great things for Mimi's future and we are more than happy to help her stay in the game!

Healing on the Field: Solutions for the 5 Most Frequent Soccer Injuries

By: Trevor Field

We at Form and Function Physical Therapy understand the impact injuries can have on your physical performance and lifestyle.

Recognizing and addressing the five most common soccer injuries can significantly enhance your recovery and prevention strategies.

Here's how physical therapy can help:

- **Hamstring and Groin Strains:** These injuries are prevalent due to the rapid accelerations and decelerations in soccer.

Physical therapy focuses on targeted exercises that strengthen these muscle groups, enhance flexibility, and improve functional movements, reducing the risk of recurrence.

- **Sprained Ankles:** Common in soccer due to sudden changes in direction and uneven playing surfaces, ankle sprains benefit greatly from physical therapy.

Treatment protocols include pain management, swelling reduction, and exercises aimed at restoring mobility and strengthening the ankle.

- **ACL Injuries:** One of the more severe injuries, ACL damage can result in significant downtime.

Physical therapy is crucial for recovery, involving controlled exercises to restore joint functionality and strength progressively, coupled with techniques to improve proprioception and balance.

- **Knee Injuries:** These encompass a variety of issues, including meniscal tears and patellar tendinitis.

Our physical therapists address these injuries by applying therapies that alleviate pain and swelling, followed by knee-strengthening exercises and mobility work to ensure a full return to play.

- **Wrist and Hand Injuries:** Often overlooked, these injuries can also impact your game.

Physical therapy aids in reducing inflammation, restoring strength, and increasing the range of motion through specific rehabilitative exercises and sometimes splinting or taping.



Recipe We Love *Chicken Sausage Orzo*



Ingredients

- 1 tbsp olive oil
- 12 oz spicy Italian chicken sausage, sliced
- 6 cloves garlic, minced
- 1 cup orzo, dry
- 2 cups low sodium chicken broth
- 1/4 cup full-fat canned coconut milk (or heavy cream)
- 1 Tbsp low sodium soy sauce
- 1 tsp onion powder
- 1/2 tsp red pepper flakes
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1 tsp fresh or dried thyme
- 1/2 cup freshly grated parmesan cheese
- 2 cups baby spinach leaves

How to Make Chicken Sausage Orzo

- Drizzle olive oil in a large skillet over medium-high heat and cook the chicken sausage until browned and cooked through, about 6 to 7 minutes. Add in minced garlic and sauté for about 30 seconds, until fragrant, being careful not to burn it.
- Add in the dry orzo and toast in the pan along with the chicken sausage and garlic for about 60 seconds. Pour in the chicken broth to deglaze the pan then add in the coconut milk, soy sauce, seasonings and fresh thyme, mixing well.
- Bring the orzo mixture to a boil then turn the heat down, cover and let the orzo simmer for 10 to 12 minutes, making sure to stir occasionally so that the orzo doesn't stick to the bottom of the pan. Orzo is ready once it is tender and most of the liquid has been absorbed.
- Stir in the spinach leaves and cook until they are wilted then mix in the freshly grated parmesan cheese. Taste and season with additional salt and pepper, if needed, and enjoy this creamy orzo skillet!

Nutrition

- Serving: 1/4th of recipe
- Calories: 358kcal
- Carbohydrates: 28.9g
- Protein: 27g
- Fat: 16.2g
- Saturated Fat: 5.6g
- Sodium: 1147mg
- Fiber: 1.7g
- Sugar: 1.7g