

VOL. 2 | JULY 2025

# STAY IN THE GAME



Newsletter for all our Form & Function Family



## OVERVIEW:

### Injury: The Unwanted Doubles Partner

If your summer includes time on the tennis or pickleball courts, you're not alone. Racket sports are booming among professionals and weekend warriors alike. But as with any activity that demands quick movement, repetitive motion, and bursts of intensity, racket sports also come with an increased risk of injury—especially for busy professionals who may be squeezing matches in after long hours at a desk. We love seeing people stay active, but we also want to make sure you're doing it safely.

We see three injuries pop up all the time in players: tennis elbow, rotator cuff strains, and knee issues. Here's a quick breakdown of what they are, why they happen, and what you can do to keep yourself in the game and not on the sidelines.

- Injury: The Unwanted Doubles Partner
- Products We Love
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

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.

## **Tennis Elbow (Lateral Epicondylitis)**

Tennis elbow is a type of tendon overuse injury that causes pain and inflammation around the outside of your elbow. It's most often caused by repetitive wrist and forearm motion—especially when you're gripping or swinging.

Even though it's called "tennis elbow," this injury can affect anyone who uses a repetitive arm motion—especially in sports like tennis or pickleball where you're gripping tightly and swinging frequently. Poor technique, sudden increases in play time, or using the wrong grip size or racket weight can all contribute.

To prevent tennis elbow, it's important to warm up your forearm, wrist, and shoulder before you play. Using the right grip size and making sure your racket is properly fitted to your playing style can make a big difference. Strengthening the forearm and wrist muscles

with specific exercises can also help reduce stress on the elbow over time. If you're already experiencing discomfort, early treatment is key. We can help calm the inflammation and restore strength with a customized rehab plan that keeps you playing without pain.

## **Rotator Cuff Strains**

Your rotator cuff is a group of muscles and tendons that help lift and rotate your arm. A strain or tear here can cause shoulder pain, weakness, and limited mobility—especially when trying to reach overhead or behind your back.

Overhead serves, smashes, and even fast volleys all demand a lot from your shoulder. Over time, this repeated motion can lead to micro-tears or inflammation—especially if you don't have enough upper body strength or shoulder control.

Preventing rotator cuff injuries starts with building stability and strength in the shoulder muscles. Simple resistance exercises done consistently can go a long way in reducing stress on the shoulder joint. Paying close attention to your form—particularly during overhead movements—can help protect the rotator cuff from strain. If you start noticing tightness, pain, or weakness, don't ignore it. Our therapists can assess your shoulder function and guide you through exercises and treatments that reduce pain, restore strength, and get you back to playing at full capacity.

## **Knee Injuries (Patellar Tendinitis, Meniscus Strain)**

Racket sports can take a toll on your knees—especially the patellar tendon and meniscus. These injuries might show up as pain in the front of your knee (jumper's knee), swelling, or tightness when bending or pivoting.

# **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.

Fast footwork, quick stops, and lateral lunges put extra stress on the knees—especially if you're playing on hard surfaces or not wearing the right shoes. Weak hips or poor movement patterns can also overload your knees and cause irritation or strain.

To protect your knees, focus on building strength in the muscles that support the joint—especially the quads, hamstrings, glutes, and hips. A consistent warm-up before play and a stretching routine afterward can help improve mobility and reduce post-game soreness. Wearing court shoes that provide proper lateral support is also essential. If your knees are already aching or feel unstable, it's time for an

assessment. We'll take a look at your movement mechanics, muscle imbalances, and joint stability to create a recovery plan that gets you back on the court safely.

So there you have it! Racket sports are one of the best ways to stay active, but they come with physical demands that can sneak up on even the most experienced players. The fast pace, quick directional changes, and repetitive upper body movements create the perfect storm for overuse injuries—especially in areas like the elbow, shoulder, and knees. While most people focus on playing the game, not everyone spends enough time preparing their body for

the game. Ultimately, staying injury-free in racket sports isn't about avoiding hard work—it's about working smarter. Understanding how your body moves, preparing it for the demands of your sport, and making small adjustments to your training or habits can keep you healthy, strong, and performing at your best.

**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



### Pillowise

**A good night's sleep begins with finding the most well-fitting pillow for your unique body. A Pillowise pillow in your size will perfectly align your cervical spine, which can quickly help to alleviate and even prevent neck pains. Today, over 5,000 Healthcare Professionals around the world are recommending Pillowise to their clients. To get the best possible rest and for your muscles to be at their most relaxed, it is important to sleep on a pillow that's tailored to your dimensions. An appropriate pillow, one that's the correct height and shape, will adapt to the contours of your neck, is comfortably soft and gives great support. Sleep is where tissue heals at its fastest rate, so if you are recovering from intense training, or have a physical job, sleep is an essential component of being at your best. Improved sleep can also improve focus and attention for mental work as well, so if you need to be at the top of your mental game to close the deal, crush the presentation to your clients or boss, or smash a new PR in the gym or at a race, improving your sleep could be the difference that makes all the difference. Find out now by reserving some time to get fitted for a custom pillow that fits your unique shape, and sleep position.**



## Promos of the Month

### *July Promo*

**Get \$10 OFF any Pillowwise pillow –  
or \$20 OFF when you buy 2 or more!**



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





# From Warm-Up to Wind-Down: Level Up Your Court Routine!

*By: Trevor Field*

Tennis and pickleball are incredible sports, but they come with their own set of challenges, especially when it comes to avoiding injuries. Whether you're playing for fun or aiming to stay competitive, preventing injury is key to keeping your body strong and your performance at its peak.

## **Try Several Warm-Up Variations**

Not all warm-ups are created equal—and sticking to just one routine can actually limit your performance and put you at greater risk for injury. Incorporate a mix of dynamic stretches, light cardio, and sport-specific movements to activate different muscle groups and gradually increase your heart rate. Whether it's jumping jacks, high knees, resistance band exercises, or mobility drills, experimenting with different warm-up styles can help you discover what works best for your body. The goal is to prep your muscles, joints, and nervous system for the demands of the game ahead.

## **Focus on Mobility & Flexibility**

Think of mobility and flexibility as the secret sauce to athletic longevity. When your joints move freely and your muscles can stretch through a full range of motion, you're able to react faster, move more efficiently, and avoid unnecessary strain. Regular mobility work—like hip openers, shoulder rolls, or ankle mobility drills—combined with static stretching can make a big difference over time. Flexibility and mobility not only help reduce the chance of injury, but also enhance your balance, coordination, and overall performance on the court.

## **Have a Post-Game Recovery Plan**

Game's over? Great—but your job isn't done just yet. A proper recovery routine can help your body repair, rebuild, and get stronger between sessions. Start with some cool-down movements to gradually bring your heart rate back to normal. Follow that with static stretching to ease muscle tension, rehydrate to replenish lost fluids, and consider adding foam rolling or even a quick ice bath if you've been pushing especially hard. Prioritizing rest, sleep, and good nutrition will give your muscles the best chance to recover and come back even stronger.

## **Identify Warning Signs Early**

Your body knows when something's off—it's up to you to listen. A little soreness is normal, but persistent pain, swelling, or discomfort shouldn't be brushed off. Addressing warning signs early can prevent minor issues from snowballing into full-blown injuries. Whether it's a nagging ankle or tight shoulder, don't hesitate to take a break, adjust your training load, or consult a professional if needed. Long-term health > short-term gains.

**Stretching, hydration, recovery tools, proper footwear—are you covering all the bases?** Taking a proactive approach to your health ensures you're not just showing up, but performing at your best every time you hit the court. Your body is your most valuable piece of equipment—treat it like it matters!

# Recipe We Love

## Protein Waffles



### Ingredients

- 2/3 cup 4% milk fat small curd cottage cheese
- 2 large eggs, separated
- 1 teaspoon vanilla extract
- 1 tablespoon sugar, (optional)
- 6 tablespoons water
- 1 cup oat flour, \*or grind old-fashioned rolled oats in blender
- 1/2 teaspoon baking powder
- 1/4 teaspoon kosher salt

### How to Prepare Protein Waffles

- Heat a waffle iron on its medium setting.
- Place cottage cheese, egg yolks, vanilla, and sugar, if using, in the blender. Add 6 tablespoons water, oat flour, baking powder and salt and blend until mixture is smooth batter. Transfer to a medium bowl using a spatula to get all the batter out.
- Beat the egg white to soft peaks then fold into the batter.
- Spray pre-heated waffle iron with oil spray. Pour batter into iron (about 1/4 cup) and cook until golden brown and steam is no longer being released.

### Nutrition

- Two protein waffles(1/2 cup of batter) are equal to a single serving.
- Calories: 121
- Total fat: 4.5 g
- Saturated Fat: 1.5 g
- Cholesterol: 81 mg
- Sodium: 224.5 mg
- Total carbs: 12 g
- Dietary fiber: 1.5 g
- Sugar: 1.5 g
- Protein: 8.5 g