



LYCOMING
PHYSICAL
THERAPY

NEWSLETTER

THE NEWSLETTER ABOUT YOUR HEALTH AND CARING FOR YOUR BODY

July 2024



Recover From **Workers' Compensation & No-Fault Injuries** With Physical Therapy



INSIDE

**Sports Therapy
Could Help Improve
Your Performance**

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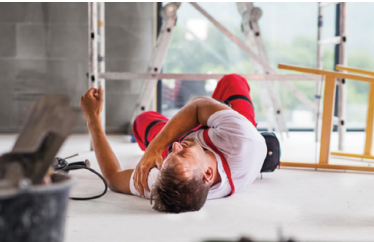
Recover From Workers' Compensation & No-Fault Injuries With Physical Therapy



Have you or someone you love been injured in a car accident? Or did you or someone you love get injured on the job? Get a referral to our clinic so we can help you get to the root of your problem and get back to living a pain-free life! At Lycoming Physical Therapy, our physical therapists have proven results in helping people recover from all types of injuries.

required at work. In other cases, it is related to prolonged positions, like sitting at a desk all day or working on an assembly line.

Most injuries that involve bending and lifting strains will typically go away on their own, but the severity of the damage determines how long the body will need to recover. This is why scheduling a consultation with our therapists at Lycoming Physical Therapy is so important.



According to the National Safety Council, there are nearly 13,000 work-related injuries daily in America. These injuries lead to, on average, 21 days of disability, where the worker cannot do their normal job duties.

There are obvious signs of more significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body.

In America, non-fatal car accidents are another significant cause of pain and disability from injuries. It is estimated that between two and three million people each year suffer injuries from car accidents, and 90% of those are passengers in the car.

Fortunately, we are trained at identifying and treating musculoskeletal injuries. Get a referral today and let our physical therapists help you resolve any injury caused on the job!



Coming into our Lycoming Physical Therapy clinic could mean the difference between complete recovery and persistent pain. Call today to learn more about how our team can help you get back to doing what you love!

Injuries Common From Motor Vehicle Accidents

If you are still dealing with persistent aches and pains from a car accident, our physical therapists are experts at helping you find lasting relief!

Common Ways We Get Hurt On The Job

The most common complaint people endure from a work-related injury is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. These injuries typically occur as the result of an activity that the body is not used to or a repetitive movement

People involved in a car accident often experience symptoms immediately. In contrast, some symptoms appear later the same day or the following day, and for some, the symptoms don't start for days afterward. Unfortunately, it is also fairly common for symptoms to last for months or even years.

Continued inside.



RECOVER FROM WORKERS' COMPENSATION & NO-FAULT INJURIES

Continued from previous page.

For some people, the violent nature of an accident can cause severe head, neck, and back injuries and even multiple regions of the body simultaneously. One of the most common injuries associated with a car accident is whiplash.

Whiplash is a painful condition caused by sudden neck and head movements, resulting in injury to multiple joints and different types of soft tissues all at once. Whiplash can make normal neck movement impossible.

There are also cases where the accident seemed minor, but the damage was significant and long-lasting. Regardless of the impact, the most common injuries related to a motor vehicle accident that are referred to our clinic include the following:

- Muscles strains
- Broken bones
- Joint sprains (i.e., cartilage, ligaments, and nerves)
- Concussions
- Whiplash

If you were in a car accident recently or a long time ago, seeing one of our physical therapists can help you find relief and get back to feeling your best!

Request An Appointment Today!

An integrated team of physical therapists is the most effective way to deal with injuries sustained in a car accident or an injury at work. At Lycoming Physical Therapy, we offer comprehensive evaluations to help determine the root cause of your pain and/or injuries.

Our specialists will provide research-backed programs that have been proven to effectively alleviate pain, restore joint range of motion, and improve your strength so you can resume your normal activities.

We can also assess if you are compensating due to an underlying issue causing the pain. We will also take note of any painful areas and focus closely on those to get to the root of the problem.

If you were in a motor vehicle accident or injured on the job and looking for solutions to your struggles, request an appointment at our clinic. We have helped many patients recover from car accident injuries and work-related injuries, and we are confident we can help you!

Contact our office and get started on the road to recovery today!



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SPORTS THERAPY



DID YOU KNOW SPORTS THERAPY COULD HELP IMPROVE YOUR PERFORMANCE?

Sports therapy is an ever-growing field of focus. In fact, according to the International Journal of Sports Physical Therapy, "The specialty niche of sports physical therapy has grown at a significant rate over the past 40 years."

So, how does sports therapy and physical therapy go hand-in-hand? A sports physical therapist is dedicated to helping you reach your goals – and developing new ones!

By participating in a training and/or rehabilitation program, your peak performance is something that you and your sports physical therapist will define, and something that can be grown upon throughout the course of your sessions.

The therapy can help you reach your peak performance, whether you're recovering from an injury or trying to strengthen your skills.

Sports Therapy and Athletic Training

Athletes, by nature, generally desire to push themselves to accomplish new goals.

Sometimes an athlete may master one sport, only to take on the challenge of mastering a new one. Olympic sprinters take on the slopes at the winter games, and college athletes win national titles in multiple sports for this exact reason.

With therapy, your goals never have to be definite. Our physical therapists can help you reach the peak of your performance in one sport and then help you tackle the summit of another.

Begin Your Sports Therapy Treatment Plan Today

At Lycoming Physical Therapy, our services include overcoming injuries, refocusing strengths, and developing healthy habits as an athlete.

The therapy is a step-by-step process. Each step focuses on realistic goals for you to reach, all leading up to the end goal that you and your sports physical therapist create together.

Schedule a consultation with one of our sports physical therapists today to discuss your athletic goals and the steps you'll need to take to reach them!

HEALTHY RECIPE



ACAI SMOOTHIE BOWL

INGREDIENTS

- 1 cup of apple juice
- 1 large banana sliced
- 1 1/2 cups of frozen berries
- 1/2 cup vanilla Greek yogurt
- 1 tablespoon honey
- 1 frozen packet of acai berry puree (100 grams)
- Assorted toppings such as sliced almonds, berries, shredded coconut, granola, chia seeds, sliced banana, mint sprigs, etc.

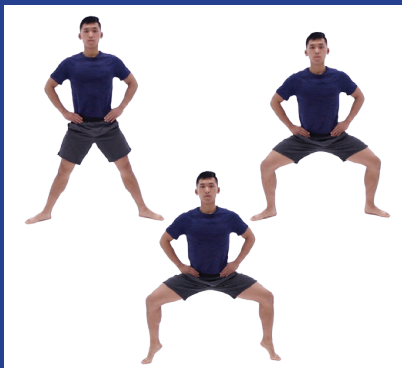
DIRECTIONS: Place the apple juice, banana, frozen berries, yogurt, honey and acai puree in the blender. Blend until thoroughly combined and smooth. Pour the smoothie into 2 deep bowls. Arrange the desired toppings over your smoothie bowls and serve.

<https://www.dinneratthezoo.com/acai-bowl-recipe/>

EXERCISE ESSENTIALS

HORSEMAN SQUAT

Start by standing with your feet spread wide and your toes pointed out. Place your hands on your hips and squat down until your knees are bent to about 120-degree angles. Hold this position and raise your heels off the ground. Pause briefly and then place your heels back down and stand back up.



PATIENT SUCCESS STORY

"I am so grateful for everyone at Lycoming Physical Therapy, but especially for Tom. He is amazing!"

"I broke my foot in a car accident which resulted in 2 surgeries placing 2 plates and 12 screws in my foot. It was a long and grueling recovery. I was so afraid of how that was going to impact my life. Which activities would I have to give up? Would I always walk with a limp? How was this going to affect my everyday life? When my doctor said I would need PT, there was no question where I would go because I had always heard such good things about Lycoming Physical Therapy. Then I met Tom, and I knew what everyone was talking about! HE IS AWESOME!!! He really took his time with me, made sure that I understood everything and reassured me that he would help me through this. He explained everything very clearly every step of the way making sure that I was comfortable and not in any pain. The best part was that he always made me laugh! He is very knowledgeable, insightful, and kind. Even though PT is hard work, he always made it fun which always made it better! I am so happy to say that I no longer walk with a limp, there are very few activities that I had to give up and I can even go hiking again! All thanks to Tom and Lycoming Physical Therapy! I am so grateful for the difference he made in my life! **THANKS TOM!**" —B. Bardo

We want to hear your success story!

Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!



Contact Lycoming Physical Therapy today to find out how we can help you return to a pain free life.

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WE HELP PEOPLE WITH:

- Back Pain
- Arthritis
- Sciatica
- Neck Pain
- Headaches
- Shoulder Pain
- Knee Pain
- And More!

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PRACTICE
PROMOTIONS



INSIDE
Sports Therapy
**COULD HELP IMPROVE
YOUR PERFORMANCE**

We Look Forward To Assisting You!