LOTT Health + Fitness NEWSLETTER

"AMERICA'S PRACTICE OF THE YEAR" *PPS/APTA 2011*



OUCH!

IS THERE A SPLINT IN YOUR RUNNER'S HIGH?

ALSO INSIDE

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"AMERICA'S PRACTICE OF THE YEAR" *PPS/APTA 2011*



OUCH!

IS THERE A SPLINT IN YOUR RUNNER'S HIGH?

Is your runner's high being stifled by pain in your shins or legs? Do they tend to throb after your daily jogs, or ache simply after moving quickly to catch up with someone? If so, you may be experiencing shin splints.

Shin splints, also medically referred to as "medial tibial stress syndrome," occurs when there is excessive stress on your shinbone and its surrounding tissues. These tissues connect your muscles to your bones, and when they become inflamed, it can become painful. They are most common in runners, due to the stress of impact that the shins face while running; however, shin splints can present themselves in anyone whose lifestyle includes substantial physical demand.

Shin splints can be painful and debilitating toward your daily life, but physical therapy can fortunately help alleviate the pain and correct the condition. To speak with someone about how physical therapy can help fix your shin splints, call our office today!

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For more information about how physical therapy can help you, contact Lott PT at ***903.389.7433*** *(Fairfield) or* ***903.874.7433*** *(Corsicana) today!*

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PATIENT SUCCESS SPOTLIGHT



"Love Lott Fitness and Physical Therapy! I actually work out in the fitness center and go to physical therapy in the therapy side! Both are amazing! Get down to see them ASAP!" — Denise H.



DO YOU KNOW ABOUT TELEHEALTH FOR PT?

THE MOST CONVENIENT METHOD FOR PHYSICAL THERAPY AT HOME!

TELEHEALTH is a way for us to make sure that our patients are still receiving the highest possible quality of care they need from a remote location.

Telehealth services can be accessed via your smartphone or computer, and you will be able to perform your PT treatments from the comfort of your own home. You can also track your progress and see how you are improving throughout your treatments – without coming directly to our clinic.

At Lott Physical Therapy, our telehealth services offer live consultation where you can meet and chat with your physical therapist about your treatment plan. Additionally, you can view the exercises and stretches that you are expected to complete each day and log your advancement through your treatment plan.

There are numerous conditions that can still be treated and improved via telehealth services, including, but not limited to:

- Arthritis pain
- Back pain
- Headaches & migraines
- Post-surgical rehab
- Respiratory issues
- Injury rehab
- Sports medicine/ athletic training
- Fibromyalgia, Parkinson's Disease, & other chronic conditions

Even if you're healthy and low-risk for infection, Telehealth is also a great option for those unable to leave their home:

- Unreliable transportation
- Tight work schedules
- Not feeling well
- Long commute
- Short on time

For more information on our telehealth services and how they may benefit you, feel free to call us at **903.389.7433** *(Fairfield)* or **903.874.7433** *(Corsicana)*!



CORRECT YOUR SHIN SPLINTS WITH PHYSICAL THERAPY

CAUSES OF SHIN SPLINTS:

There are many common causes of shin splints, including, but not limited to:

- **Previous injury.** If you have had a foot, leg, or shin injury in the past, your risk of shin splints may be heightened.
- **Sport participation.** Some sports have a higher risk of shin splints than others, especially those with high levels of running and/or jumping.
- **Body mass.** If you have a BMI greater than 20.2, your probability toward developing shin splints may be higher.
- **Overpronation.** This is also referred to as the act of flattening the arches of one's feet while standing, walking, or running. A flat arch creates a greater risk of shin splints.
- **Hip motion.** This can be related to sport or general gait, in which the hips move through a greater range than what is typical. This is common in sports such as dance, gymnastics, or cheerleading, but can also be due to an abnormality in the way one walks.
- **Improper shoes.** Wearing shoes that are ill-fitted or that don't provide proper arch support can increase your risk of shin splints.
- **Lack of stretching.** If you complete a run or workout without warm-up and cool-down stretches, your muscles and tissues can become irritated, increasing your risk of shin splints.
- **General weakness.** If you have weak ankles, hips, or core muscles, you may be at a greater risk of developing shin splints. This can be corrected through strength training exercises.

HAVE YOUR COPAY OR DEDUCTIBLE WAIVED!

Start feeling better today!

Contact our clinic to find out if you are eligible to have your copays or deductibles waved for teletherapy appointments!

For more information, give us a call at:

903.389.7433 (Fairfield) or 903.874.7433 (Corsicana)!

HOW PHYSICAL THERAPY CAN HELP:

As noted above, the causes of shin splints are vast, but your physical therapist can help you figure out the root of the problem. He or she will complete an extensive evaluation process with you, noting your painful areas and testing the abilities of your current physical motions. This may include anything involving stretching, flexibility, gait, mobility, and range of motion. From there, your physical therapist will create a treatment plan based on your needs.

Treatment plans for a specified shin splint condition may include, but are not limited to:

- **Manual therapy.** Hands-on massage of the painful area and its surrounding areas, in order to ease stress off of the injured tissue.
- **Light exercise.** These exercises can serve several functions. They can be used to increase the strength and/or range of motion of the hips, arches, or shins, in order to decrease overpronation and stress on the lower leg. They can also be used to stretch the muscles around the shin, in order to reduce inflammation. This may also include single-leg exercises, such as squats, reaching, or heel raises.
- **Modified technique.** Sometimes, shin splints can be a result of poor technique with gait or sports. Your physical therapist may work with you to modify your take-off/landing techniques, or your leg and foot control while walking or running.
- **Taping/compression.** Your physical therapist may suggest taping the affected area (arch of foot or leg muscles) to promote healing and compress the affected muscles.
- **Ice.** Ice healing may be prescribed, in order to decrease pain and inflammation. Depending on the severity, your physical therapist may suggest icing multiple times a day.
- **Footwear suggestions.** Your physical therapist may provide you with supportive or orthotic footwear suggestions, which may help speed up your shin splint recovery and decrease the risk of them in the future.
- **Rest.** An important part of your physical therapy treatment will be rest, although you will also be participating in important stretching and light exercises with your physical therapist. Your physical therapist may suggest taking a short break from the activity or exercise that aggravated your shin splints until you are healed.

At Lott Physical Therapy, we are dedicated to assisting you in your healing journey, and making it as comfortable for you as possible. If you believe you may be suffering from shin splints, give us a call today. We will help you get back on your feet in no time!

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For more information about how physical therapy can help you, contact Lott PT at ***903.389.7433*** *(Fairfield) or* ***903.874.7433*** *(Corsicana) and schedule your consultation today!*

HEALTHY RECIPE



RED SNAPPER WITH ARUGULA SALAD

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 3 tbsp. freshly chopped cilantro
- Juice of 3 limes, divided
- kosher salt
- black pepper
- 1 lb. large shrimp, peeled & deveined
- 1/4 head red cabbage, shredded
- 1/4 c. mayonnaise
- 1 tbsp. sriracha
- 4 medium tortillas

INSTRUCTIONS

In a small bowl, mix together olive oil, cilantro, and 1/3 of the lime juice. Season with salt and pepper. Add shrimp to a baking dish and pour over mixture. Toss until completely coated and let marinate 20 minutes. Meanwhile, make slaw: In a large bowl, toss cabbage with mayo, remaining lime juice and sriracha. Season with salt. Heat grill to high. Skewer shrimp and grill until charred, 3 minutes per side. Grill tortillas until charred, 1 minute per side. Serve shrimp in tortillas with slaw.

MAKE HYDRATION A HABIT!

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H2O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



STAY HEALTHY WITH PHYSICAL THERAPY

You've likely been taking steps to avoid infection like frequent hand washing and social distancing, but did you know that physical activity can boost your immune system?

Let us help you be your healthiest self! To book your appointment, visit us at ***www.lottphysicaltherapy.com.***