



Priority
Physical
Therapy

Health & Wellness

The Newsletter About Your Health And Caring For Your Body

PRIORITYPT.NET

Physical Therapy Can Help You Get Ready for Fall Sports

Injury Prevention
With Physical
Therapy

Healthy Recipe:
Vanilla Cherry
Smoothie

Patient
Success

MISSOURI 573.769.6166 | SOUTH CAROLINA 843.536.4888



**Priority
Physical
Therapy**

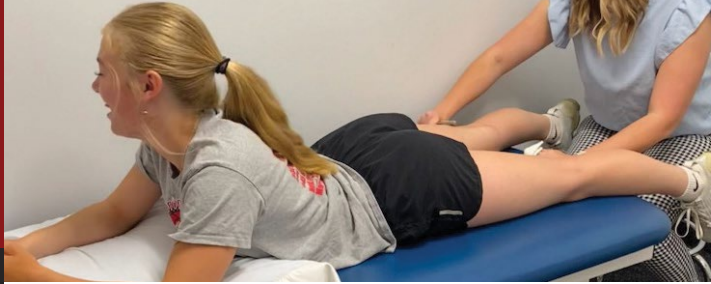
Health & Wellness

The Newsletter About Your Health And Caring For Your Body

Scan to Book Today!



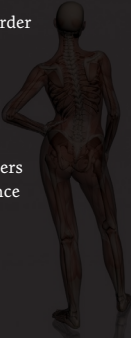
Is it time for your next appointment? Scan the QR code to visit our website.



Make Your Body A Priority

We Can Help you with:

- Back Pain
- Neck Pain
- Hip & Knee Pain
- Foot & Ankle Pain
- Shoulder Pain
- Elbow Wrist & Hand Pain
- Arthritis
- Balance & Gait Disorder
- Chronic
- Dizziness & Vertigo
- Fall Prevention
- Headaches
- Incontinence
- Neurological Disorders
- Pediatric Incontinence
- Pediatric
- Pelvic
- Pre-Surgical Rehab
- Post-Surgical Rehab
- Post-Covid Rehab
- Sports Injuries
- Stroke And Brain Injury
- Tmj Dysfunction
- Whiplash
- Work Injuries



Physical Therapy Can Help You Get Ready for Fall Sports

Are you wondering how to prepare yourself for the fall sports season this year? Have you been struggling with an old injury that just doesn't seem to be going away? Before you know it, the cooler season will come, and so will fall sports!

Everyone involved in athletics knows that one thing is for sure: competition comes with a risk of injury. Fortunately, we know how to prepare athletes for the fall sports season. At Priority Physical Therapy, our physical therapists specialize in helping athletes recover from injuries and preparing them for their upcoming seasons.

Whether you compete in cross country running, football or soccer, one of our skilled physical therapists can help you resolve an injury and provide you with the tools you need to be at your peak physical condition for the start of the season! Request an appointment to get our team to help you get ready to compete!

How Physical Therapists Help Athletes Prepare For Fall Sports

Making sure your body is strong, stable, and prepped for the game is vital for maintaining high performance. Playing the sport you love, whether competitively or just for fun, is an important part of staying healthy and enjoying your life.

Conditioning is a significant part of staying healthy when you play sports. Conditioning programs can lower your risk of sustaining an injury during the game and improve your performance. Our programs focus on keeping your joints healthy and strong. We implement sports-specific strengthening and training methods to ensure your body can tolerate the demands of your sport while improving your ability to compete at a high level.

We utilize targeted exercises, lifting weights, and proactive recovery practices to prevent athletes from injuring themselves. We strive to help our athletes be prepared for the ups and downs of a sports season.

Contact Us Today

Missouri | 573-769.6166

South Carolina | 843.536.4888

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Injury Prevention With Physical Therapy

Call Us Today! Missouri 573.769.6166 or South Carolina 843.536.4888

One significant aspect of physical therapy at Priority Physical Therapy is that it can help you prevent an injury this fall. Injuries are a part of any sports season and are typically placed into two categories: traumatic or overuse.

Traumatic injuries are caused by a specific incident, such as:

- Sprains (i.e., ankle or ACL)
- Strains, including pulled muscles
- Concussions (i.e., football collisions, soccer ball heading, falls, etc.)

In contrast, overuse injuries are caused by repetitive movements and/or poor technique performed over time. Some examples of overuse injuries include:

- Tendinitis (i.e., shin splints, jumper's knee)
- Repetitive stress with poor technique (i.e., stress fractures, throwing injuries)

Sprains are extremely common in sports. Ligaments connect your bone to bone. When a ligament is stretched beyond its limits, a sprain can occur. Once the ligament is stretched, it is looser and more susceptible to being sprained again in the future.

Strains, or pulled muscles, are similar to sprains but occur to muscles and tendons, not ligaments. Tendons connect your muscles to your bones. When a tendon is stretched beyond its limit, a strain can occur. Once the tendon is injured, it needs to be resolved fully, or it can lead to a chronic overuse condition.

Receiving physical therapy before you begin playing this fall could make all the difference in how ready your body is to be out on the field or court.

We will perform an injury screening to identify any underlying condition that can lead to future injuries. If/when we identify limitations and weaknesses, we will address them head-on to resolve them thoroughly.

As you progress through rehabilitation, our focus will shift to increase the intensity and complexity of your program. Our team will incorporate sports-specific training to prepare your body for the demands of a competitive sports season. We will work to ensure you are ready for the start of your season.

Sources: <https://deftandoc.org/wp-content/uploads/2019/11/current-trends-sports-injury-prevention.pdf> • <https://link.springer.com/article/10.1007/s40279-019-01232-4>



Contact Us Today

At Priority Physical Therapy, we make it our top priority to encourage healing and injury prevention for our athletes. In addition to treating injuries, our physical therapists can help you improve your range of motion, flexibility, strength, and overall function to prevent additional harm from occurring and get you ready for your sport. Are you an athlete prepping for fall sports? Call us today to learn more about how physical therapy can get you geared up to have your best season yet!

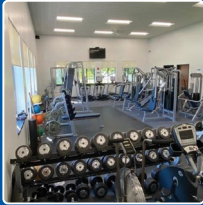
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Fitness Center (Palmyra)

Join Priority Fitness Gym to Achieve Your Health and Wellness Goals!

Memberships are available monthly or yearly for single, family and senior rates. There is a basic start-up fee of \$10 for a personalized access card which provides 24-hour access to our facility. Membership includes full and unlimited access to Priority Fitness facility and use of all equipment.



24 HOUR GYM

Priority Fitness is accessible 24 hours/day, 365 days/year via your own personalized access card.

PRICING

ACH and Corporate Membership Discounts available.
Call 573-769-6166 for information.

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Healthy Recipe: Vanilla Cherry Smoothie

Ingredients:

- 1/4 cup tart cherry juice or pomegranate juice
- 1/2 cup unsweetened vanilla almond milk
- 1/2 cup fresh or frozen pitted cherries
- 1 small beet, peeled and steamed
- 1/4 cup oats
- 1 tablespoon chia seeds
- 2 scoops protein powder



Directions: Combine all ingredients in a blender and blend until smooth. Help your muscles repair after a tough workout with this vanilla cherry smoothie, packed with recovery superfoods, like tart cherry juice, beets, and protein powder. To help speed up prep, look for pre-steamed and peeled beets available in the produce section.

PRIORITY PHYSICAL THERAPY



Patient Success

“I came to Priority because of a football injury. I couldn't run or jump without my knee giving out on me and hyperextending. I could not have played football at the time at all. After coming to therapy 3 times a week with Kim's knowledge and facility I was able to strengthen my knee and get back to running and jumping. Now I am back to playing football and I am so thankful for Kim and everything she has done for me and every patient that comes through the door. Thank you to EVERYONE AT PRIORITY!” — Weston K.

Share Your Success!

Scan To Share Your Story!

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.



PLEASE SCAN THE QR CODE TO LEAVE YOUR REVIEW TODAY!



Call to Book today! Make your body & health a Priority!

MISSOURI: 573.769.6166 | SOUTH CAROLINA: 843.536.4888