



BOUNCE BACK: SPORTS INJURY SOLUTIONS

Thomas was an avid high school soccer player with dreams of making it to the college level. He trained hard and played even harder, but one misstep during a match changed everything. As he lunged for the ball, he felt a sharp pain in his ankle and crumpled to the ground. The diagnosis was quick but disheartening: an ankle sprain.

Fortunately, at Marketplace Physical Therapy our therapists are skilled at identifying and treating all types of sports injuries. Our therapists will conduct a whole-body assessment to ensure we identify all the factors that may impact recovery and design our programs tailored to the individual.

Give us a call today to learn more about our programs and set up an appointment with one of our physical therapists!

Identifying an Ankle Sprain

At first, Thomas didn't know the severity of his injury. Like many, he thought he could just 'walk it off.' However, the key signs were there:

- Pain
- Swelling
- Difficulty putting weight on the foot

Ankle sprains occur when the ligaments that support the ankle stretch beyond their limits and tear. When Thomas landed awkwardly, he twisted his ankle in the process. Although ankle sprains are common in sports and often ignored, getting proper care is critical to quick recovery and reducing the risk of future injuries.

Unfortunately, too often, athletes don't want to miss out on competing and "play through" injuries. Ankle sprains, in particular, are susceptible to recurrent sprains, especially when not properly rehabilitated.

The Road to Recovery

Thomas's journey to recovery began with a visit to Marketplace Physical Therapy. He was evaluated by one of our skilled physical therapists and given guidance on how to recover quickly and get back into the game!

Initial Steps

Initially, Thomas's therapy focused on reducing his pain, eliminating his swelling, and restoring his mobility. This involved:

- **M.I.C.E (Move, Ice, Compression, Elevation):** This simple method is crucial in the early stages of an ankle sprain. Thomas learned to keep moving his ankle, apply ice to reduce pain and use compression with elevation to reduce the swelling.

Building Strength and Stability

Once the swelling reduced, Thomas's therapy shifted gears towards rebuilding strength and stability. This phase included:

- **Strengthening Exercises:** Thomas worked on exercises to strengthen the muscles around his ankle. These included toe raises and resistance band exercises.
- **Balance Training:** To regain stability, Thomas practiced balancing exercises. This was crucial to prevent future sprains.

Regaining Functionality

The final phase of Thomas's therapy centered on getting him back to his pre-injury level and back on the field. This involved:

- **Functional Training:** Thomas gradually returned to activities that mimicked soccer movements.
- **Sport-Specific Drills:** As he regained strength, sport-specific exercises were introduced to prepare him for returning to soccer.

Through his recovery, Thomas also learned how to perform sport-specific warm-ups, the importance of sleep, and regular conditioning to prevent injuries.

Embrace The Recovery Blueprint and Get Back in Action!

Thomas's story is a reminder of the importance of addressing sports injuries with the guidance from our team at Marketplace Physical Therapy. **Take the first step in healing your ankle sprain and returning to the sport you love by calling today to schedule an appointment!**



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SEASONAL RECIPE

BALSAMIC GRILLED STEAK SALAD WITH PEACHES

Ingredients

- 1 lb. skirt steak, trimmed of fat
- 1/4 c. balsamic vinegar
- 1 clove garlic, minced
- 1 tbs. brown sugar
- 1 tbs. vegetable oil
- kosher salt
- Freshly ground black pepper
- 1/4 c. extra-virgin olive oil
- Juice of 1 large lemon
- 6 c. baby arugula
- 2 peaches, thinly sliced
- 1/3 c. crumbled blue cheese or feta



Directions

1. Add steak to a large Ziploc bag or baking dish and toss in balsamic vinegar, garlic and brown sugar. Let marinate 20 minutes at room temperature.
2. Heat a grill or grill pan to high. Rub steak with vegetable oil and season generously with salt and pepper.
3. Grill until desired doneness, 3 minutes per side for medium rare. Let rest 5 minutes, then slice.
4. Meanwhile, make dressing: In a small bowl whisk together olive oil and lemon juice and season with salt and pepper.
5. Arrange salad: In a large serving bowl, add arugula, peaches, blue cheese or feta, and steak. Drizzle with dressing and gently toss. Serve immediately.



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& WELLNESS CENTER

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4TH OF JULY HEALTH TIPS!

1. Hydration: Drink plenty of water, especially if you're going to be in the sun. Dehydration can happen quickly, so drink cool water frequently.

2. Food safety: Keep food cold until it's ready to serve, and don't leave perishable foods out for too long. Bacteria like E. coli and Salmonella can grow quickly in warm temperatures, so salads, egg dishes, cheese, fruits, and vegetables should be kept cool. Cooked meats shouldn't be left out for more than two hours, or one hour if it's above 90°F. Wash your hands after touching raw meat, and wash fruits and vegetables as well.

3. Heart-healthy eating: Consider a balanced menu with lean proteins, fruits, vegetables, and whole grains. Some ideas include grilled chicken or fish with quinoa or brown rice, whole grain pasta salad with fresh vegetables, or grilled vegetable skewers.

4. Sun protection: Wear sunscreen, a hat, and sunglasses to protect your skin and eyes from UV rays, which can be harmful even on cloudy days. The hours between 10 AM and 3 PM are especially hazardous.

5. Fireworks safety: If you're using fireworks, never give them to children, and never throw or point them at people, animals, vehicles, structures, or flammable materials. Always wear safety glasses, follow the instructions on the packaging, and keep water nearby.

WE WANT TO HEAR YOUR SUCCESS STORY!

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