



# THE ATHLETE'S GUIDE TO PHYSICAL THERAPY





# IMAGINE IT:

**No one likes being stuck on the sidelines. And when your career as a professional athlete or your high school championship becomes uncertain because of an injury, you want to make sure that you're supported with all the care and technology needed to get you back in the game.**

Luckily, your key to an effective recovery is here in the form of *The Athlete's Guide to Physical Therapy eBook* created by Trinity Rehab.

Thanks to the tips and tricks contained within this manual, you'll learn more about all the necessary steps to ensuring that you heal up as quickly as possible. That way, your team can count on you to have an inspirational comeback.

Some of the topics we'll review throughout the pages of this guide are things like:

- > **Being Honest**
- > **Identifying Your Injury**
- > **Choosing Wisely**
- > **Finding Your Treatment**
- > **Learning About Additional Benefits**
- > **Choosing a Personalized Plan**

In addition to these suggestions, you'll discover more about our cutting-edge facility and our squad of certified physical therapists. By learning more about our center, you'll know exactly which treatments and technologies you need before you even schedule your first appointment. Let's get started!

# The Athlete's Guide to Physical Therapy



## 1 Be Honest with Yourself

Any high school, college, or professional athlete knows how hard it can be to own up to an injury, especially when you have an important game on the horizon. But remember, if you don't tell someone about your issue, you run the risk of harming yourself further or performing badly during a race.

Why is this so important, you ask? Well, when you let someone know the moment you feel the first signs of an injury, you'll be able to nip it in the bud before it becomes a more serious problem. Minor pains that are caught early enough can easily be solved by a less intensive therapy program.

So, when you feel a pull in your leg, arm, or any other part of your body, tell your coach. That way, you can begin seeking some physical therapy resources to get your body back into fighting shape and free from pain.

Once you've completed your rehabilitation sessions, it's wise to incorporate some of the stretches and exercises you learned into your daily regimen. By beginning each day with some flexibility and strengthening routines, you'll avoid seeing the same or different issue down the road.

**TIP:**

If your coach doesn't already begin each practice or game with a warm-up, make sure to mention this to them. Warm-ups and cool-downs are critical to preserving the health of your muscles, ligaments, tendons, and bones after a strenuous workout.



## 2 Identify Your Issue

Above all else, one of the most crucial steps for an athlete seeking physical therapy is to determine what type of ailment you have.

Because athletes utilize almost every part of their body when running, tackling, and competing, it's essential to understand the various terminologies and technicalities of your specific problem. That way, you'll choose the correct facility and treatment options for your wound.

Some of the most common injuries experienced by amateur and professional athletes alike are:

- > **Back Pain**
- > **Plantar Fasciitis**
- > **Shin Splints**
- > **ACL Tears**
- > **Wrist Strains**
- > **Hamstring Tears**
- > **Tennis Elbow and More**

Regardless what type of pain you're dealing with, our Trinity Rehab's facility comes with the expertise and technologies to properly treat and heal your injury.

By choosing a cutting-edge rehab center that's armed with advanced equipment, you'll fly through your treatment program and heal your body in the best way possible.



## 3

## Choose Your Therapy Center Wisely

Now that you've correctly identified what ails you, you're ready to start searching for the right physical therapy center for your needs. First, you'll want to sit down at your computer and learn a little more about the options in your area.

By taking some time to check out your local rehab facilities, you'll select one that doesn't require a road trip every time you have an appointment. Fortunately, Trinity Rehab offers up an array of convenient locations across New Jersey.

After you've located the one that's right for you, take a look at their selection of programs, individual therapies, and machinery.

This step is extremely critical to the overall experience you have during your sports rehabilitation. By choosing an institution that features the necessary regimens, you'll effectively address your injury, condition, or pain.

**TIP:**

Once you've found the right center for your needs, why not stop by for a tour? Any Trinity Rehab Center is happy to provide you with more information about our specialties, industry-leading machinery, and trained staff before you make your first appointment.







## 4 Find Your Treatment

Having access to innovative care is important for any athlete's recovery. So, after you've done some thorough research on nearby rehab centers, check out their list of treatment options.

Additionally, it's good practice to take some time to learn more about the industry's newest technologies, and if the facility you've chosen offers those as alternatives.

For example, Trinity Rehab provides all athletes with the Alter-G® Anti-Gravity Treadmill® at every location, which supports your body by using a unique differential air pressure technology. This NASA-developed treatment allows you to run or walk with a fraction of your normal body weight.

So, whether you're attempting to heal an injury or just want to boost your endurance, your performance on this treadmill will provide you with more information with where you are in reference to your goals.

With the intelligent technology of this system, your therapist will measure the point where you start feeling pain and track those results until you can fly through your run without a single moment of pain.



# The Athlete's Guide to Physical Therapy

If you're looking for manual or non-invasive therapies that'll help you recover from a minor injury or an operation, our team comes with plenty of experience with remedies like:

- > **Pilates**
- > **The McKenzie Method**
- > **Myofascial Release**
- > **Joint Mobilization**
- > **Iontophoresis**
- > **Electrical Muscular Stimulation**
- > **Kinesio Taping® and more**

Plus, our rehab site comes equipped with other industry-leading therapies like EPAT® (Extracorporeal Pulse Activation Treatment). With this exclusive recovery method, you'll receive topical, acoustic pressure waves to specific areas of your body, depending on where your injury is located.

To begin your EPAT session, your therapist will apply some coupling gel to your skin. After that, pressure waves are administered using an applicator. By boosting your metabolism, speeding up the healing process, and enhancing blood flow, this option can help to shorten the distance between you and your comeback on the field or track.





## 5

### Learning About Additional Benefits

Of course, you can't consider a therapy location without thinking about some of the other perks that come along with your treatment plan. That's why Trinity Rehab boosts your recovery process by teaming you up with your own personal physical therapist.

Imagine it: Instead of arriving at your appointment and needing to reacquaint yourself with a new instructor, you'll know exactly who'll be assisting you throughout your session. Furthermore, this allows you to build a trustworthy relationship with your trainer so that you always know that they have your best interest in mind.

Thanks to the dedication of your clinician, you'll be able to practice your stretches and exercises at home and report the results to your therapist at your next appointment. That way, they can track your progress over the long-term for a more effective and efficient recuperation.

## 6

### Selecting a Personalized Plan

Each body is unique. So, why should your physical therapy plan treat you like a number, instead of an individual? Well, at Trinity Rehab, your treatment process gets taken to the next level with our customized plans that are designed with you in mind.

Rather than arming you with exercises that don't address your issue, we begin your first visit by asking you a few questions about your medical history, pain points, and preferences. It's with this kind of attention-to-detail that we ensure that you're moving in a way that promotes healing and prevents harm.





# The Athlete's Guide to Physical Therapy

Once we've gathered more information about your needs, we'll present you with a therapy scheme that's filled with the right methods and practices to cure your injury. From there, we'll get to work by introducing you to our equipment options and beginning your first exercises.

Additionally, our commitment to personalized care allows us to learn more about any past sports injuries that may have sidelined you from a game. By carefully reviewing your extensive athletic history, our staff will be sure to design a routine that avoids triggering pain from an old wound, muscle tear, or anything in between.

## SCHEDULE YOUR SPORTS THERAPY APPOINTMENT TODAY!

Congratulations! You're now a fully-fledged expert on the necessary steps to choosing the physical therapy that'll get you back on your feet.

No matter what you endure during your athletic career, you need to have some peace-of-mind that you'll receive support on the road to recovery. And by choosing the friendly professionals at Trinity Rehab, we'll lend you a helping hand throughout the stages of your physical therapy strategy.

To stay in touch with these tips and tricks, feel free to save *The Athlete's Guide to Physical Therapy eBook* to your computer for a quick refresher. That way, you'll always know where to look if you wind up with another injury.

Ready to start your therapy journey? All you have to do is contact our knowledgeable physical therapists, schedule your free screening, or [reserve your first appointment today!](#)