



## **OUR PHYSICAL THERAPISTS HELP WEEKEND WARRIORS AVOID INJURIES**

[www.TherapyWestPT.com](http://www.TherapyWestPT.com)



# Our Physical Therapists Help Weekend Warriors Avoid Injuries

Is your busy schedule interfering with your ability to exercise regularly? Do you notice that trying to make up for missing exercise on the weekend seems to leave you in more pain or injured than it's worth?

At Therapy West Physical Therapy & Sports Medicine, our physical therapists specialize in treating all types of "weekend warrior" injuries. We understand the struggles of finding time to exercise and can help create a program that works for you and enables you to avoid injuries.

We know how important exercise is for mental, physical, and emotional well-being. We also see that weekend warriors are infamous for trying to make up for lost time during the week by going to extremes when they finally find the time.

We have experienced physical therapists who know the demands of a busy life, whether it is work or family. More importantly, we know how to help you blend strategies into your day to prepare your body for the opportunities when they come!

At Therapy West Physical Therapy & Sports Medicine, our therapists can help you recover from an injury and learn preventative strategies to prevent future problems. **Request an appointment today and know what you can do to prevent injuries and improve your overall health and performance!**



## Most Common Injuries For Weekend Warriors

A weekend warrior is a person that is too busy during the week to exercise, leading them to overdo it on the weekend. This type of person often engages in a hobby or activity only on weekends or in their spare time and is usually not prepared physically for the stress they put their body through.

The classic example of this type of person is someone who has exercised in the past and falsely assumes that because their body was once able to do vigorous activity, it will tolerate something intense now.

*The most common injuries associated with the weekend warrior are sprains and strains.*

- Sprains occur when a ligament is stretched beyond its limits or torn.
- Strains occur when a tendon is stretched beyond its limits or torn.

Sprains are typically the result of a trauma, a deceleration (slowing down) movement, or a sudden change in direction. The most common symptoms include pain, inflammation, muscle spasm, and sometimes an inability to move the joints where the injury occurred.

Strains are associated with muscles and tendons. The role of a tendon is to transfer energy from a muscle to a bone and to absorb/resist tension caused by prolonged positions and/or forceful/fast movements of the body. These high levels of stress can lead to breakdown and injury.

Regardless of the type of injury, our physical therapists understand how to help you resolve it and help you get your body prepared to exercise and prevent future injuries safely.

**Book An Appointment Today!**

# How Physical Therapy Can Help Weekend Warriors Avoid Injuries

At Therapy West Physical Therapy & Sports Medicine, our physical therapists have proven success in treating weekend warriors. We help in all aspects of rehabilitation and injury prevention.

The first step is to start with an injury evaluation, a biomechanical assessment, and movement analysis to identify the possible factors contributing to the pain/injury. Our therapists will take a thorough history to understand more about your schedule, the history of previous injuries, current pains/injuries, and your overall health status.

This information will help us create an individualized program to alleviate pain and help you keep your body healthy and prepared for exercise. We tailor our therapy interventions to your individual needs and include linking exercises to your daily routine.

For example, performing chair squats at your desk each time you stand up to use the restroom and when you return will help you link regular exercise to your normal routine. The exercise itself will take a minute or two at most, and with time this simple exercise will keep your muscles and tendons prepared to tolerate the forces of more intense activities.

As you continue to improve, we will work with you to challenge your balance, coordination, and agility to minimize the risk of future injuries. Our team will guide you on how to change your exercises and incorporate them into your day to help keep your joints, muscles, and

tendons healthy and strong. If necessary, our physical therapists will provide strict guidance on what to do before you exercise and how to manage the intensity to ensure you avoid hurting yourself.

Our program aims to ensure you have the tools to help you connect exercises to your regular routine so you can resume/keep working out and reduce your risk of future injuries!



## Request An Appointment Today!

At Therapy West Physical Therapy & Sports Medicine, our physical therapists are up-to-date on the most advanced techniques and rehabilitation programs. We understand the most common risk factors and causes of weekend warrior-related injuries, and even more importantly, we know how to resolve any old or new injury.

**Request an appointment with one of our specialists and learn how to achieve actual results!**

Sources:  
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## Stop Putting Off Your Pain. We Can Help!

Schedule your next appointment by scanning the QR code or by visiting [www.TherapyWestPT.com](http://www.TherapyWestPT.com) today!

## Follow Us On Social Media!

We stay active on our social media platforms to provide you important updates, what's happening around our clinic, free workshops, patient success stories, videos, and more! Don't miss out - follow us today!

 @therapywestpt

## Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

<b>Gunnison</b> 435.289.6233	<b>Ephraim</b> 435.289.6410	<b>Mount Pleasant</b> 435.289.6442	<b>Richfield</b> 435.289.6509	<b>Bicknell</b> 435.289.6539
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# 7 Tips To Become A Better Hiker

## 1. Just do it!

Each hike will make you better, so by simply getting out and doing it you will improve with every trip! You will learn how your body works, what trails are right for you, and what kind of gear best complements your hikes.

## 2. Take time to enjoy the view.

Hiking is all about being active but don't rush through your journey without stopping to take it all in! Nature is a truly magical thing; it can relieve stress, calm the noise in one's mind, and remind us all of the infinite beauty of the outdoors.

## 3. Don't push yourself past your limits.

Challenging yourself is great but when it comes to hiking slow and steady wins the race. The outdoors (especially when alone) are not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

## 4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for changeable weather, in layers.

## 5. Keep the trails clean.

Bring out everything you bring in. Think of those that came before you



as well as those that will come after you. Bring ziplock bags to store your trash and pick up trash thoughtlessly left by others.

## 6. Get an early start and plan your time wisely.

When it comes to hiking, you never really know what could happen. A trail could be blocked off or weather could influence the accessibility of a certain area. By starting your trek early, you will ensure that you reach your goal by a reasonable hour and get back to the bottom before nightfall. Having a plan will make your hike safe and enjoyable.

## 7. Learn to hike without electronics.

Technology is an awesome thing, but we should not rely on it exclusively. Losing service, a dead battery, or an accidental break may leave you helpless and literally lost. Learning how to use compasses, maps, and trail markers will give you resources that are always reliable.

Source: <https://www.adironock.net/whatsnew/2014/05/tips-to-become-a-better-hiker/>

## Exercise of the Month Quadruped Alternate Arm



While on your hands and knees, slowly raise up an arm out in front of you. Then slowly raise opposite leg behind you, while keeping your back straight. Hold for 10 seconds then repeat 3 times on both sides.

*If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.*



## Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit [www.TherapyWestPT.com](http://www.TherapyWestPT.com) to schedule your consultation today!