



ISR Physical Therapy Newsletter

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A Proactive Approach to Excellence in Health and Rehabilitation

MENTAL STRESS CAN LEAD TO SPRAINS

March 2008

One way to avoid injury while exercising or playing sports is to free your mind of things that may be causing you to worry and fret. At least 18 studies over the past three decades show that athletes who have undergone recent life stress are two to five times more likely to suffer injuries on the playing field than their less-pressured counterparts. Stress may increase the odds of injury by making athletes less aware of obstacles in their peripheral vision. Another possible reason for stressed athletes' higher injury rate may stem from the fact that anxious athletes tend to simultaneously tense opposing muscles (such as biceps and triceps), causing premature tiring and increased risk of injury.

The treatment of muscle sprains and strains has two main goals. The first goal is to reduce swelling and pain; the second is to speed recovery and rehabilitation. To reduce swelling it is recommended to use RICE therapy (Rest, Ice, Compress, and Elevation) for the first 24 to 48 hours after the injury. If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy.

"No Excuses, Just Results!"
985-872-5911



Richard Bunch PhD, PT



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Kristy Trosclair, PT

Fit Tips:

Get off the Couch

Sedentary living-not high cholesterol- is one of the greatest risk factors in heart attack death. Tip: Just a half hour of moderate physical activity most days of the week can deliver fitness benefits similar to traditional exercise routines. So walk briskly, take the stair and play actively with your kids to consequently live longer!



Not only can you walk off pounds, you can also walk off stress and tension too.

A Nov. 9, 1999 study published in the Annals of Behavioral Medicine showed that university students who walked and did other easy to moderate exercise regularly had lower stress levels than couch potatoes or those who exercised strenuously.

“I have almost no pain in my lower back since I started therapy. I can bend forward and backward and walking, running, and lifting doesn't bother me anymore.” R.J.

Return Service Requested

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Houma, LA 70360

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