

RECURRING INJURIES

I was recently addressed by a young, promising athlete who heard about the results people are attaining with physical therapy at Health Motion. This athlete came to me with many questions like the ones I have listed below.

What can be done for groin strain? If a muscle is injured, does that mean it is more prone to reinjury? Will I be able to play without the concern that this will happen again? Is there a possibility for complete recovery? Why do these muscles keep getting hurt? Why are these muscles not getting stronger when I work them harder and more frequently than ever before? Do I have to do preventative exercise for the rest of my life? Should I stop my dream of becoming a professional athlete? Are my chances shot?

All of these questions are common to athletes that are hurt. So they try out a few, or many, rehabilitation programs. Then they "recover", temporarily. Hence, their injury might occur again. Some athletes have already given up their dreams and hopes due to reinjury. These shattered young men and women see their dreams fade away in front of their eyes, day after day, as long as no changes take place or recurring injury ensues.

We tend to make life complex by developing ideas and considerations during their tribulations. Often, those ideas become a reality and give us another barrier to overcome.

So, what is wrong with this gloomy picture? Why do these things happen? What is the reason behind all of this? I wanted to know the answers to these questions too. More importantly, I wanted

to find a route that would prevent reinjury and, in doing this successfully, would lead me to the answers I had been looking for. The research was arduous, lengthy and rewarding. Like all truth, the answer is a simple fact. It was right there under my eyes, simple and obvious to see.

I was one of those kids - ambitious, a dreamer with enormous abilities and talent. A professional all the way. I gave up anything that I thought was going to distract me from reaching my purpose. Then, I had a knee injury. Surgery followed, in fact, five surgeries followed. However, I was determined to find a way to stop this injury from recurring and to continue to playing soccer at the highest level in the world. Well, this quest for finding the answer was a rough, sometimes sad and painful journey. Nevertheless, I discovered the route and now am living proof it can be done. The solution to the cycle of injury to reinjury is to get the patient's duplication of the body

tissues involved with the injury. This will immediately lead to an understanding of their situation.

This is the first needed factor found, the educational factor. The other factor needed is very important, and had to do with the actions needed to rehabilitate. This applying correct gradients to the rehabilitation program. With correct gradients applied, recurring injury will be history.

Now, do not sit home in despair about injuries or multiple confusions. There is a route to recovery. It is simple to see, and it does take hard work. Do you want to know where you are on that route? Come in and talk to one of our specialists. Do not let injuries destroy your dreams. It is not necessary. This is my gift to you. Use it well.

- Rob Collewijn, PT
Founder of Health Motion

Stop your suffering now! Call Health Motion today to schedule a 15-20 minute free consultation with one of our physical therapists! Our experienced physical therapists can answer all of your questions and help you find a solution that works for you. Don't wait - call today!



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