



Western  
Pennsylvania  
Sports Medicine &  
Rehabilitation Clinic Inc.

Effective Therapy from Experienced Professionals



**5 Locations to Serve You!**

Berlin: **814.267.4393**

Ebensburg: **814.472.9070**

Richland: **814.269.9606**

Somerset: **814.445.7727**

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**How to Enjoy the Weekend and Survive Without the Injuries**



It's important to be physically active, and avoid injuries at the same time. This is especially important for a 'weekend warrior'. If you are sedentary, it's extremely important to plan ahead in order to avoid exercise-related injuries. After all, the human body cannot go from 'inactive' mode to 'weekend warrior' mode in an instant.

Exercise intensity must be progressive; otherwise the risk for injury increases. After all, professional athletes prepare for months (sometimes years) to reach a certain level of physical performance. Athletes prepare their bodies for months during the off-season, as they prepare their body for an intense season. Weekend warriors tend to bypass 'preparation' and jump right into intense activity.

Common injuries include joint inflammation, muscle tears, and ligament sprains. Most injuries can be treated with physical therapy after the acute symptoms have subsided. In severe cases, surgery might be needed.

**Weekend Warriors - Do's and Dont's**



It's important for weekend warriors to be realistic. For starters, don't expect your body to adapt right away to intense activities. If you have been inactive all week long, your body will not be prepared for physical challenges over the weekend. Make sure you have protective gear and stay hydrated.

**Warm-up and Cool Down:** A warm-up is a simple, yet neglected way to avoid injuries. Eight to ten minutes of walking or light jogging, combined with some light stretching is a great way to prepare your body for progressive exercise intensity and minimize injuries.

When you're finished with your activity, do not come to a sudden stop. Give your muscles a chance to recover by reducing your intensity, but keep moving. For example, if you have been running, don't come to a stop. Walk for the last few minutes. A cool-down period helps restore blood circulation and reduce injuries.

**Plan Ahead:** Being realistic and planning ahead is important. For best results, get some regular exercise every day. This allows your body to adapt and prepare for your favorite weekend activities.

**SPOTLIGHT**



**Kelly Werner, DPT, ATC**

**DPT:** Physical Therapy, University of Massachusetts  
**MSPT:** Physical Therapy, University of Massachusetts  
**BS:** Sports Medicine/Athletic Training, University of Pittsburgh  
**Member:** American Physical Therapy Association, National Athletic Trainers Association  
**Certified:** Graston Technique

Kelly Info

*Call us today for an evaluation of your condition.*

**CALL TODAY TO SCHEDULE YOUR APPOINTMENT!**

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Ebensburg, PA 15931  
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Call today to schedule in one of our 5 convenient locations.

## Physical Therapy For All Ages

If you are a senior weekend warrior, your body is more susceptible to tears, sprains, strains, and other injuries. In fact, there are almost 80 million 'baby boomers' in the United States alone. Physical therapy plays an important role in injury prevention for weekend warriors of all ages.

If you are one of the many weekend warriors this summer, here are a few ways that a physical therapist can help:

- **Assessment of Your Body Mechanics/Movements** – Your ability to do simple things like move, walk, sit and stand is important to us. We use this insight to create an injury prevention program.
- **Home Exercise Programs** – Once we have reduced your pain, inflammation and restored your muscle strength in the clinic, we'll design a personalized home exercise program for you. This will help you maintain your results in the comfort of your own home.
- **Treatment Techniques** - Physical therapy techniques include exercise, hot and cold packs, ultrasound, manual therapy, and much more to deal with different types of injuries.

As your physical therapists, we are committed to helping you do the things you enjoy over the weekend. Regardless of your age and activity level, physical therapy can help prevent injuries and improve well-being. Call us today. We will help you make the most out of your summer.



## Western Pa Sports Medicine & Rehab Offers



## Transportation Services For Our Patients!

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