

## **I CAUGHT A HELMET IN MY BACK AND NOW IT HURTS WHEN I STAND UP STRAIGHT!**

Sports related back strains and injuries are common especially in football. A receiver will go up to catch a pass and get hit in the back as he makes the catch. Several days later he may be complaining of pain in the back. McMeen Physical Therapy can help! >>

After you have cleared the athlete of any vertebral or visceral damage early onset physical therapy can be very beneficial in getting the student athlete back into the game.

Combined with rest and medications an acute lumbar strain will respond very well to conservative soft tissue treatments and gentle muscle energy type techniques. Aggressive mobilizations will tend to exacerbate the pain and spasms initially. As the healing process progresses more aggressive treatments can be utilized if needed.

Modalities such as moist heat or ice, soft tissue massage, electrical stimulation, and ultra sound are safe and effective means of controlling pain and muscle guarding/spasms.

As the student athlete heals slow and monitored return to sports is began and progressed in a pain free manor.

Working with the coaching staff will be an important part of physical therapy, keeping the athlete part of the team even though he is not actually playing. Advising additional padding or protective equipment will be considered if needed prior to returning to contact activities. Emphasis will also be placed on a good stretching and flexibility program.



*"Your Movement Rehabilitation Specialists"*

## **CONTACT US FOR MORE INFORMATION**

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