

JOINT INJURIES

YOUR JOINTS ARE LIKE RUBBER BANDS



Fresh rubber band with full elasticity, strength and function resembling an uninjured joint or repaired joint ligament/soft tissue by a Valir physical therapist

Did you know that every time you injure yourself—whether it’s a simple ankle sprain, pain in your back, or a strain muscle in your shoulder—you are setting yourself up for poor movement in the future. The reason is, after an injury, people don’t typically stop doing the things that need to get done throughout their day. When performing tasks with an injury, people typically alter their movement patterns to complete the activities, just in a different manner. A common example is if you have sprained an ankle and changed the way you walk, now all of a sudden you have knee pain or hip pain. Let’s say you have had back pain in the past and you changed the way you sat or the way you’ve moved, now your upper back is hurting or your neck is hurting.

HOW ARE RUBBER BANDS LIKE OUR JOINTS?

When reaching into a drawer at work or at home for a rubber band, the goal is to find the one that is the freshest, the tightest, and can still work as well as it needs to. You are not going to choose the old one that has been repaired because it has lost its elasticity or changed its form and can’t work as well or strong has it should. The same is true with our bodies. Our joints, when we injure them—whether it’s a ligament or other soft tissue—fill with scar tissue. We start to change the way that we move, and now we’ve lost some tension around those joints.



Old rubber band with limited elasticity, a worn hole, and snapped section resembling an injured, untreated joint ligament/soft tissue with scar tissue and weakness.

VALIR PHYSICAL THERAPISTS KEEP JOINT “RUBBER BANDS” STRONG AND FUNCTIONAL

We want to be able to help prevent your body from negatively adapting to that stress from the original injury, no matter how long ago that injury was. So whether your injury was 4 weeks ago, 4 months ago, or even 4 years ago, Valir physical therapists can be able to help you overcome that original injury, overcome any compensation that has taken place, and be able to help you function at the appropriate level for you.



So Much More Than Therapy!

405.609.3600
valir.com/physicaltherapy
18 clinics state wide