



# PhysioWorks

N E W S L E T T E R



**PREVENT WORK RELATED INJURIES**  
***PHYSICAL THERAPY CAN HELP***

Physical Therapy  
Occupational Therapy

Work Conditioning  
Work Hardening  
On-Site Worker Treatments

Hand Therapy  
FCE



# PREVENT WORK RELATED INJURIES

## *PHYSICAL THERAPY CAN HELP*

Do you have nagging work-related injuries that just don't seem to heal completely? Have you ever wondered what you can do to prevent these kinds of injuries from occurring?

Our licensed physical therapists can guide you through proper stretches, movements, and exercises to recover from and prevent future injuries from occurring.

Call today to schedule an appointment with one of our experts!

### **HOW TO TELL INJURY FROM NORMAL ACHES AND PAINS**

Perhaps the most common complaint people endure from physical activity is the feeling of soreness caused by overusing the muscles, tendons, and ligaments. This typically occurs when completing an activity that the body is not used to or from a repetitive movement required at work. Most construction site injuries involve bending and lifting strains to the workers' backs. The soreness usually goes away on its own, but the severity of the damage determines how long the body will need to recover.

Construction workers have demanding jobs that often involve a lot of lifting and carrying heavy materials, such as concrete forms and drywall. They also often do overhead work at ground level using heavy, vibrating tools like jackhammers or drills. It's no surprise that they have a high rate of sprain and strain injuries.

There are obvious signs of significant injuries like bruising, swelling, deformity, and severe pain, but it can sometimes be confusing to tell if you are just a little sore or have injured yourself. Many injuries occur due to improper techniques or overexerting your body. Fortunately, physical therapists are trained at identifying and treating musculoskeletal injuries.

Sprains and strains can vary from mild to severe, and even mild ones may take weeks to heal. If they are more severe, braces or surgery may be necessary. It is important to note that it is in your best interest to have a physical therapist make sure a sprain or strain is fully healed before returning to your normal level of physical activity.

*(Continued inside)*

# HOW PHYSICAL THERAPY HELPS YOUR BACK PAIN

Your physical therapist will conduct a physical evaluation to determine the severity of your work-related injury. Through a thorough assessment, your therapist will be able to pinpoint precisely what is causing your pain. We will provide constant feedback and allow refinement of your program to ensure it provides optimal results.

In addition, your therapist will instruct you on the most effective injury prevention strategies, including:

1. Sleep is the most effective strategy with the most significant effect on injury prevention and sports enhancement. You should aim for 8-10 hours per night.
2. Strength training is one of the most effective injury prevention strategies to help stay injury-free.
3. Using good form with lifting. It is vital to learn how to identify the proper postures and body mechanics to protect yourself from injuries while performing your normal work activities.
4. Use the proper equipment. Make sure you have the right equipment, for example work boots, helmets, and gloves. The right equipment can help you avoid injury and stay safe while doing the activities you need to do to get the job done.
5. Nutrition is the foundation for good health and injury prevention. Specifically, a scientifically-backed approach that does not include any fad diets.

6. Staying hydrated, which is essential for recovery and injury prevention.

## WHAT TO EXPECT IN PHYSICAL THERAPY

Our physical therapists evaluate and treat all types of discomfort and pain related to a work injury. Our team is composed of movement experts who have the knowledge and training to diagnose, evaluate, and treat any musculoskeletal condition that comes their way.

We play a leading role in preventing, reversing, and managing injuries that are old and new. Every program is designed based on your individual needs. We use objective measurements to determine the severity of your injuries and build your program accordingly.

We can guide you through proper exercises and specialized treatments to relieve your joint and muscle pain, increase your strength and flexibility, and prevent future injuries from occurring.

### Contact us today:

If you are suffering from aches and pains related to your job or you'd like to learn more about injury prevention, contact us today.

<https://onlinelibrary.wiley.com/doi/full/10.1111/j.1600-0838.2009.01058.x>

<https://bjsm.bmj.com/content/52/24/1557.abstract>

<https://pubmed.ncbi.nlm.nih.gov/29352373/>

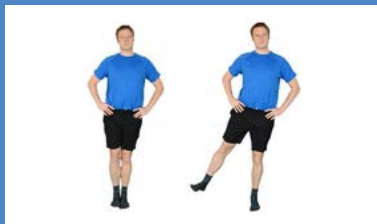
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## EXERCISE ESSENTIALS

*Helps Relieve Hip Pain*

### STANDING HIP ABDUCTION

Lift one leg out to the side using your side-buttox muscles. Return to the start position with control. Keep your hips level and your back straight! Keep your toes pointed forwards. Repeat each side.



www.simpleset.net

SimpleSet Pro

## REFER -A- FRIEND!

We love helping people achieve relief from pain and reach their full potential, thus making a difference in their lives.

Our purpose at PhysioWorks is to leave a greater impact on the communities around us. In order to achieve our goal we want to change as many lives as possible as we become a beacon of positivity in our communities.

We will gladly answer any questions they may have about their condition and how we can help. They will thank you and so will we!

**253.867.5759**

**SHARE YOUR PATIENT SUCCESS STORY WITH US! LEAVE A GOOGLE REVIEW TODAY!**

# SUCCESS STORIES

## "THE BEST PHYSICAL THERAPY/WORK CONDITIONING I HAVE EXPERIENCED"

"This place is honestly the best physical therapy/work conditioning I have experienced. Most places have goals and if you can't reach them or are not \*feeling it\* day by day....you get a sarcastic vibe and well you just don't feel the greatest after the eye rolls.. But everyone here is very interactive if you have questions or are a talkative human they'll accommodate that and if you wanna put headphones in and just do your thing...they are also cool with that" - **T.B.**

## "ONE OF THE THINGS THAT STOOD OUT TO ME WAS THE DIVERSITY SEEN IN THIS CLINIC."

"From the moment I walked into PhysioWorks, I was welcomed with friendly staff willing to help and encourage me to reach my best potential. One of the things that stood out to me was the diversity seen in this clinic. Everyone is made to feel welcomed and comfortable no matter their background. I look forward to coming in to PhysioWorks and working with the wonderful Physical and Occupational Therapy team - Iryna have been so helpful in my personal growth! Thank you for the personalized quality care! - **J.C.**

# STAFF SPOTLIGHT



## Karl Lange

*Clinic Director*

Karl has over 20 years of practice in the Physical Therapy field. Early in his career, he worked as a traveling physical therapist which gave him a wide variety of opportunities to work in some of the most highly sought facilities in the United States. These experiences gave him access to a diverse range of knowledgeable mentors. One of Karl's many passions is to teach which is why he is a great fit for taking on the role of Clinical Educational Manager. He works one-on-one with patients and our Physical Therapist Assistant staff which includes continuing injury education, the healing process, and modern techniques for optimal recovery. He is taking on a lead role in developing, implementing, and educating staff on state-of-the-art rehab protocols. Karl has many passions in life including teaching about health and wellness, entrepreneurship, and real estate endeavors. However, most of his time is taken up by his beautiful wife and their three little ones. Aside from his vast wealth of clinical knowledge, Karl is best known for his ability to liven up the clinic with his boisterous humor and fun-loving enthusiasm.

## DO YOU HAVE A SUCCESS STORY WITH US?

### *We Make It Easy To Leave A Review!*

1. Use the camera app on your phone to scan the QR code.
2. This will take you directly to our Google Reviews page.
3. Let us know how we did and tell us your story!



**Physio** Works

## COME BACK TO PHYSICAL THERAPY!

Call us at **253.867.5759** to book your appointment today!

### **PHYSIOWORKS**

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CALL **253.867.5759** TO SCHEDULE YOUR APPOINTMENT WITH A PHYSICAL THERAPIST TODAY