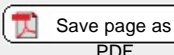
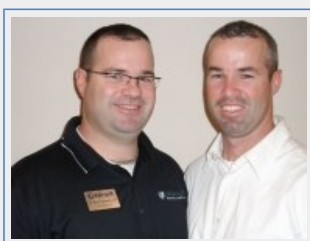


Monday, 21 June 2010

Dr. Burt Stevens PT, SCS,
ATC Brian Stevens MHA, BS

SOAR Physical Therapy

[Email Us](#)
[Our Website](#)

Patient Testimonials

"I broke my mid foot and tore the ligaments in my foot as well. I went through a process of 3 surgeries. I came to SOAR not being able to walk, or put any pressure on my foot. I started PT with Dr. Stevens in June, and by August I was able to walk and even slowly jog on my foot. He was great about pushing me, but only at a level that was safe and effective. Between Dr. Stevens and Brian, I was able to start jogging by the beginning of September. I owe all of it to Dr. Stevens and the staff at SOAR".
-Katherine H.

I worked for many years as a nurse in two area hospitals, and I have a deep and personal commitment to quality healthcare.

Over recent years I have struggled with arthritis. When I was no longer able to do many of the things I loved, it became necessary to have both hips replaced. Afterward, when I needed physical therapy, I found a service that is new to our area - **Soar Physical Therapy**.

My rehab needs weren't simple, but I found **Burt and Brian Stevens** knowledgeable, experienced and completely prepared to tailor a program that worked for me – one that has helped me to get back to normal. It took patience on their part, but they easily met the challenge. During my treatments, I've watched them care for many others and I'm convinced that the care they provide is exemplary. If your health care needs include physical therapy, I highly recommend that you find your way to Hickory Flat and talk with Burt or Brian Stevens. **You'll be glad you did!**

Elly Hobgood Rn, MSN,
CNM

"I had major shoulder surgery to repair a large rotator cuff tear. After

This week's newsletter provides information about running injuries. Whether you are currently an avid runner or you are planning on beginning a program, there are certain injuries you may encounter. The good news is, there is also plenty of information pertaining to what can be done to help heal and even avoid these conditions. If you are currently having pain and are trying to fight through it just so you can maintain your exercise program, you may be causing more harm than good. We encourage you to seek the advice of an orthopaedic, or a physical therapist to see what the next steps you should take. You can even call us and schedule a free consultation. Either way, get the facts. The sooner you seek help, the sooner you will be able to continue with your program safely and pain free.

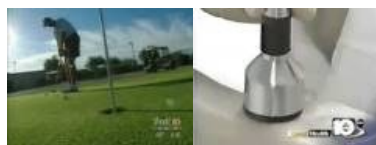
Upcoming Events

Cherokee County has a new website that provides important information for the community. SOAR PHYSICAL THERAPY is part of a special group of business owners called **United Network Initiative**, or UNI, who sponsors the website. Please check it out at www.thecherokeecconnection.com.

SOAR Physical Therapy is also involved with another outstanding group of business owners, the Southeast Cherokee Business Network (SECBN). Information about them is available through their website at <http://www.secbn.com/>.

SOAR Physical Therapy now offering Cold Laser Therapy

SOAR PT now offers FDA approved **ML830 Cold Laser Therapy**. This non-invasive therapeutic laser can treat a variety of pain syndromes and injuries by accelerating your body's healing process. It has made national headlines and is widely used by professional athletes. To learn more, feel free to contact us or follow the links on the 830 Cold Laser news link below.



Top 6 Running Injuries And How To Avoid Them

Walking, jogging and running are excellent activities to promote health and wellness. Are you an avid jogger or runner? If so, **could the way you run be hurting you?**

When you run, jog or walk, each step sends shock waves up the feet, knees, hips and lower back. Overuse injuries are common, especially with running. **The good news is, we can help avoid overuse injuries.** Some causes of running induced injuries include:

- Training errors
- Improper running shoes
- Poor weight-bearing or running dynamics

If an injury does occur, physical therapy can get you back on track (pun intended) in a short time. Here are SOME of the most common injuries that occur with running:

1. **Plantar fasciitis:** Inflammation of fibrous connective tissue in sole of the foot, leading to pain on the bottom of the heel.
2. **Achilles tendinitis:** Heel pain, or pain in the Achilles, due to too much running or running uphill. This can lead to pain and tightness in the calf.
3. **Shin splints:** Often a result of imbalance in the calf and shin muscles. Pain is along the front side of the lower leg (the shin).
4. **Stress fracture:** Repeated pounding of the legs can lead to stress fractures, with local pain over the affected bone.
5. **Hamstring strain:** Too much running can lead to a hamstring pull.
6. **Patello-femoral pain** or "**Runner's knee**": Increasing running distance too soon can lead to pain behind the patella, or kneecap.



If you have any of these injuries mentioned above, here are some tips from us to help you treat it:

Treatment consists of:

- Rest, anti-inflammatory medication and icing the injured area.
- Stretching muscles that are tight (i.e. - calf for Achilles tendinitis; hamstrings for hamstring strain)
- Strengthening exercises to restore muscle balance.
- In some cases, taping works like a charm - talk to your therapist.
- Orthotics may help alter the forces going into your joints. Talk to one of our therapists to see if this is best for you.
- Remember, if it hurts, don't do it. For example, if running hurts, try jogging. If jogging hurts, , walk instead.

the great help of SOAR Physical Therapy and Dr. Stevens, I am ready to return to work and the golf course. Thank you guys." -Tim

Free Consultation

If you, or your friends and family members, are unsure if they would benefit from physical therapy, please call and schedule a free consultation. Mention that you heard about this offer from the SOAR Physical Therapy Newsletter.

Forward To A Friend

Know someone who might be interested in the email? Why not [forward this email](#) to them.

Unsubscribe

Don't want to receive these emails any more? Please [unsubscribe instantly](#).

Related Physical Therapy Links

[The American Physical Therapy Association](#)

[How can a Physical Therapist help me?](#)

[Videos Featuring the 830 Cold Laser](#)

[Educate Yourself- Orthopedic Injuries & Management](#)

Are Your Shoes To Blame?

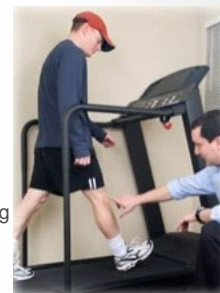
Before starting a running program, ask yourself:

- Are your shoes worn out?
- Are they the right fit for your feet?
- Do you have flat feet? Are your shoes stable enough?
- If your feet are rigid, you need a pair with good cushioning.

All these questions need to be answered. To tell if a shoe can still be used, look at its sole. If it is worn out, it's time for a new pair! If they twist too easily, it's another sign they may be worn. Not sure what to look for? **Let us guide you.**

Runners are very susceptible to injuries, especially with changes in training, including *speed, frequency, distance, and surface*.

Talk to your therapist about a customized plan to evaluate your foot and minimize or treat injuries.



Your Feet Will Thank You

Most runners fail to take necessary steps to avoid injury. **This is where we come in.** After the initial evaluation, we teach you how to:

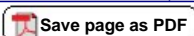
- Get the right pair of shoes - we evaluate the muscles of your feet and guide you to get the right shoes.
- Stretch out properly - we evaluate your requirements and make sure you stretch out your muscles properly before exercise.
- Strategically structure your running - we teach you the right warm, stretch and exercise sequence and coach you through the process of building up your running time gradually. Remember, your running shoes will last about 500 miles before they need to be replaced.

If you are a runner or just happen to walk regularly, you need to call us to evaluate your technique right away. As they say, prevention is better than cure.

Our highly experienced staff will work closely to design a plan to protect your joints and optimize your efforts. Call us today for an appointment. Your feet will thank you.



This email was sent by bstevens@soar-physicaltherapy.com
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