



Loudoun Sports Therapy Center
The Leader in Physical Therapy

Preventing Injuries While Spring Cleaning

We made it through the cold, dark days of winter and spring is finally here! This is the time of year when we like to get a good spring cleaning in the house and start getting back to yard work. That means it's the time of year where we see a lot of new injuries and aches start to pop up. Here are a few tips to help prevent any injuries as you get your house and yard warm weather ready!

1. **If you're going to lift, make sure you use your legs!** Avoid lifting with your back since the extra stress can cause an injury.
2. **Avoid staying in one position for a prolonged period of time.** Avoid leaning, reaching, and bending forward. Staying in this position for a prolonged period of time will cause stress to the back and give you pain. Also avoid kneeling for prolonged periods or time to prevent knee injuries.
3. **If it's too heavy, ask for help!** Ask for help if you're trying to move or lift bags of heavy mulch or furniture inside your house. Don't try to do it on your own, you're just asking for an injury! Use tools designed to assist if no one is available to help. Utilize wheelbarrows or dollies.
4. **Don't try to do everything in one day.** I know we want to get everything done as fast as possible, but it is important to pace yourself so you don't fatigue your body making it more susceptible to injuries.

Call our office TODAY at 703-450-4300 and start handling your aches and pains FOR GOOD!



Walking Day 2022!

April 6th is National Walking Day! Join LSTC for a walk around our community. The 30 minute walk will start at 1:30pm at our clinic (21251 Ridgetop Circle, Suite 140, Sterling, VA 20166)



Scan the QR code and let us know you can make it!

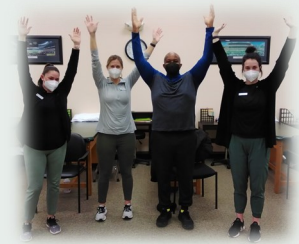


Success Stories



“I came to PT because I had pain and tightness in my feet climbing stairs and walking long distances. I feel I have less tightness in my feet and definitely feel more lower body strength. I can now also sit back on my heels. Climbing stairs is no longer painful. Walking up is less to no stiffness.”

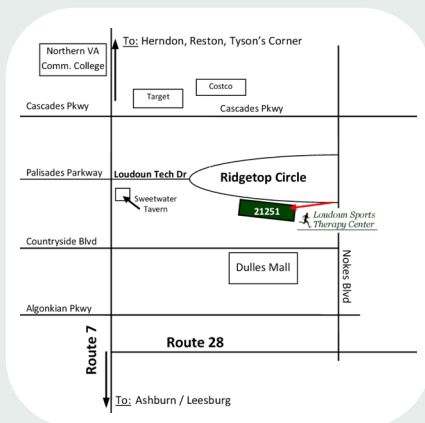
“I was having significant discomfort in my shoulder during workouts and other load bearing activities, and I came to assure there was no structural damage and to find some relief from the pain. I'm much more comfortable now during my workouts, I've learned how to prevent irritating my shoulder, and I can feel more muscle control and awareness when using my shoulder.”



Scan to Schedule an Evaluation!



Like and follow us on our channels to keep up to date with our latest videos, blogs, and events!



21251 Ridgetop Circle, Suite #140
Sterling, VA 20166
703-450-4300



Outpatient Physical Therapy

Specializing in:

- * Lower Back Pain
- * Neck Pain
- * Sciatica
- * Hip Problems
- * Shoulder Pain
- * Bursitis
- * Tendonitis
- * Frozen Shoulder

- Joint Pain and Replacements
- * Foot and Ankle Pain
- * Plantar Fasciitis
- * Knee Problems
- * Arthritis
- * Muscle Pains
- Sprains
- * Strains
- * Hand, Wrist, and Elbow Problems
- * Sports Injuries

- Sports Performance Program
- * Ergonomics
- * Runners Program
- * Other Conditions