

Results Testimonial



My therapist's name is Becky and she is wonderful. She's very knowledgeable about her profession and explains the type of physical therapy she is doing for me in such a way that I fully understand what she is talking about. I can ask questions and they are answered to my satisfaction. She, the other therapists, and the office staff are very friendly and professional. I highly recommend Liberty Rehabilitation Specialists!

-Vernita S.

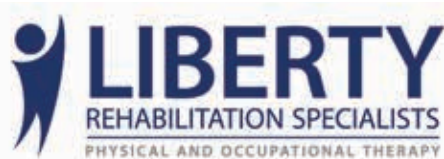
Our experienced physical therapists are ready to help patients of all ages with sports injuries! Call our office today with your referral at (210) 490-4738.



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reconstruction, saving patients the expense, discomfort, and hassle of invasive treatment.^{3, 5, 7}

For athletes who choose surgery, physical therapy also plays a crucial role in pre- and post-surgical rehabilitation. A strategic combination of customized weight-bearing exercises, non-weight bearing exercises, and neuromuscular electrical stimulation (NMES) can aid in the recovery process by strengthening the quadriceps muscle and improving the patient's range of motion.¹ In some cases, PT techniques can even aid in concussion recovery by improving exercises tolerance and postural stability.⁴



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Update

October 2021

Did You Miss This Study on Football Injuries? PT Helps Players Return to the Field

As we write this, the NFL, college, and high school football seasons are well underway. The safety of football has been a topic of debate for decades among physicians, starting as far back as the 1890s, when concerns about the game's rate of head injuries were first raised.⁶

Today, the prevalence of head injuries in football at all levels is known as the "silent epidemic." Back in 2007, a report from the Centers for Disease Control and Prevention (CDC) found that more than 55,000 concussions occur annually in high school football alone,⁶ and the NFL reported 172 concussions in the 2020 season among its professional players (a lower count than average, as 2020 had no pre-season games).

Recently, a new study added to the conversation around the long-term effects of head injuries in football players. The study compared the brains of 26 former NFL players with "cognitive and neuropsychiatric symptoms" to those of 31 men without histories of brain injury. Its aim was to assess the two populations' risks of the neurodegenerative disease chronic traumatic encephalopathy (CTE) by using flortaucipir positron-emission tomography (PET) and florbetapir PET to measure the deposition of tau and amyloid-beta in the participants' brains. Researchers found that while the players' tau distributions pointed toward CTE more than the controls, they did not have elevated amyloid-beta plaque deposition. This result muddies the connection between football head injuries and CTE, although further study is needed.⁹

Concussions are far from the only injury football causes. The NFL also reports high rates of ACL tears (51 in 2020 and 49 in 2019) and



MCL tears (118 in 2020 and 109 in 2019). ACL tears are also common among soccer and lacrosse players,² while MCL injuries also appear in hockey players and skiers.⁸

Physical therapy plays an important role in treating both ACL and MCL tears in athletes and recreational sports enthusiasts. In less serious injury cases, cases involving older adults, or cases involving more recreational athletes, nonsurgical treatment including physical therapy, bracing, and activity modification can be a viable alternative to surgical

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