



NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

EMPOWERALASKA.COM

MARCH 2024

The Role Physical Therapy Plays
in Preventing Surgery for

SPORTS- RELATED INJURIES



Want to join our winning team?

VISIT: EMPOWERALASKA.COM/JOIN-OUR-TEAM



**EMPOWER PHYSICAL THERAPY WON
BEST OF ANCHORAGE
& BEST OF THE VALLEY**

Thank You!



NEWSLETTER

YOUR HEALTH IS OUR PRIORITY

EMPOWERALASKA.COM

MARCH 2024

The Role Physical Therapy Plays
in Preventing Surgery for

SPORTS-RELATED INJURIES



[Schedule An Appointment](#)

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Empower Physical Therapy physical therapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

Tailored Plans After an Injury

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times,

there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At Empower Physical Therapy, our physical therapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

Continued on next page.

EMPOWER PHYSICAL THERAPY WON
**BEST OF ANCHORAGE
& BEST OF THE VALLEY**

WASILLA: 833.605.1928 & ANCHORAGE: 833.799.1296

THE ROLE PHYSICAL THERAPY PLAYS IN PREVENTING SURGERY FOR **SPORTS-RELATED INJURIES**



Continued from previous page

What to Expect at Your Physical Therapy Sessions

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.

For example, your physical therapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at Empower Physical Therapy will provide the foundation for successful training while reducing future injuries and avoiding surgery!

Considering Physical Therapy? Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!



WASILLA: 833.605.1928
ANCHORAGE: 833.799.1296

EMPOWER PERFORMANCE PROGRAM



Most sports injuries are caused by lack of knowledge, improper sportswear, incorrect practices, and wrong sports equipment. The idea of injury prevention is to focus training to significantly decrease the chance of a preventable initial injury from occurring and, also help to avoid other future injuries as a result. Proper training techniques, warm-ups and cool downs are just some of the ways to help mitigate the risk of injuries.

What Makes This Different Than Other Programs?

At Empower, we take a medical approach to injury prevention. Our tailor-made programs for individuals and groups aim to educate and prevent injuries. Our team, consisting of Exercise Physiologists, Physical Therapists, and Personal Trainers, evaluates each athlete's specific movement, running posture, and sport-specific mechanics to improve their overall posture, performance, and reduce injury risk. With our expertise, we analyze, predict, and prevent potential injuries.



What Age Group Will Benefit?

Our injury prevention program benefits all ages and skill levels, whether recovering from an injury or participating in sports with a high risk of specific injuries. We provide specific injury prevention exercises and help athletes achieve their fitness goals, such as increasing speed, power, mobility, or strength.

SERVICES OFFERED

- Personal Training
- Work Ergonomic Assessment
- Athletic Performance Improvement
- Injury Prevention
- Stay Strong Program

[Schedule An Appointment](#)

WASILLA: 833.605.1928 | ANCHORAGE: 833.799.1296



STAFF SPOTLIGHT

NIKKI SCOTT
Exercise Physiologist

Nikki joined the Empower team in 2023. She grew up in the small town of Cedar Crest up in the mountains, just east of Albuquerque, New Mexico where she attended school. Nikki was a two-sport athlete in high school, playing varsity soccer as a goalkeeper and running varsity track. She also grew up playing basketball, softball, and football. She attended New Mexico State University in Las Cruces, New Mexico, where in 2014 she earned her Bachelor's in Kinesiology with a focus in Exercise Science.

After graduating from university, Nikki moved to Minot, North Dakota, where she worked as an Exercise Physiologist for Trinity Health Hospital. Under that title, she was a certified full-time personal trainer, a CF-L1 CrossFit coach, and the head strength and conditioning coach at Minot High School, as well as both middle schools. After working for a while and taking some time off, in 2021, she earned her Master's in Sports Management and Sports Administration from Southern New Hampshire University.

In 2020 (right before COVID), Nikki moved to Washington State to be closer to her younger brother, who is currently serving in the United States Navy. Her parents soon after moved to the great state of Washington. While in Washington, Nikki served as a coach for Sasquatch Strength. She would later become General Manager for a couple of their franchise locations. She enjoys coaching and the atmosphere of the gym. She was with Sasquatch Strength for about 2 years before she got the opportunity to work at Boeing as an Exercise Physiologist. At Boeing, she got to work directly with the people who build the airplanes, as well as the engineers and managers of some of the programs. It was a great opportunity to learn and grow in this field and have the unique opportunity of working in a factory.

While in Washington, she met her husband, Chris. They spent the last year apart, and when her husband finished school in Kansas, they made the move to Alaska in June 2023 for her husband's job. Nikki has competed in numerous CrossFit competitions and has also participated in intramural soccer, co-ed softball, and flag football. While with Sasquatch Strength, she also competed in her first Strongman Competition. Nikki and her husband love to work out and find activities they enjoy together, with Strongman being one of them. They love the outdoors and a good adventure. They have had the opportunity to do a lot of traveling (outside of the military) to multiple different states and countries. They like to hike, camp, and fish, and they look forward to getting into some winter activities like skiing and curling. They love to cook and always like to find good places to eat. They are both big sports fans, especially football. Her husband prefers college football, and Nikki is an NFL girl. They enjoy hanging out and watching the games with some friends! They also like to go to live sporting events like baseball, football, and hockey. She has a passion for fitness and health and loves sharing it with others!

Nikki believes that everyone has the potential to do great things and reach every single one of their goals. She loves getting the opportunity to work with athletes of all ages, to help them reach their athletic potential!

EMPOWERED PATIENTS

"Empower performance is an awesome way to improve on skills, sports, and mindset. I have been working with Nikki the Exercise Physiologist and focused on improving my vertical jump, foot work, and muscle stability. Over the summer I have noticed my goal's that I focused on with Empower Performance have improved. Before I used to barely be able to touch the rim of a basketball hoop and within a month and a half I can now successfully dunk a basketball. My defense has been better than ever because of ladder drills helping with foot work, and overall I feel much stronger. Empower Performance is a great way to hold young athletes accountable to reach their goals!"

—Zachary B., actual 5 star review



Schedule An Appointment

WE'RE HERE FOR YOU!

ARE YOU IN PAIN? COME SEE EMPOWER PT!

Schedule your appointment today!

Schedule An Appointment



WASILLA: 833.605.1928 | ANCHORAGE: 833.799.1296



INTRODUCING OUR “STAY STRONG” PROGRAM



We are thrilled to announce an exciting new program designed specifically for our graduating patients – **“Stay Strong.”** At Empower, we understand that maintaining progress and good habits after treatment is crucial. That’s why we’ve brought on board Nikki Scott, an experienced Exercise Physiologist and personal trainer, to lead this initiative.

Why Stay Strong?

Many of our patients nearing graduation often ask about post-treatment support to continue their fitness journey and prevent the recurrence of problems. With **“Stay Strong,”** you can now benefit from Nikki’s expertise in strengthening, coordination, mobility, and injury prevention. She is here to guide you towards a happy and fulfilling life!

We Offer Individual and Group Classes

To cater to your unique needs, we are offering both individual and group classes as part of the **“Stay Strong”** program. Whether you prefer personalized attention or enjoy the camaraderie of group workouts, we have you covered!

Get in Touch!

If you’re interested in learning more about how our **“Stay Strong”** program can benefit you, don’t hesitate to reach out to us. This package is for those who have completed Physical Therapy and are looking for a way to keep progressing and strengthening in desired areas. We are excited to extend this opportunity not only to our Empower community but to the entire Anchorage and Mat-Su Valley. **Take the next step towards a stronger and healthier future and schedule your FREE 10 minute consult today!**



[Schedule An Appointment](#)

And Stay Strong!

COME BACK TO PHYSICAL THERAPY! WASILLA: 833.605.1928 & ANCHORAGE: 833.799.1296