



STAY ON THE ICE
PG. 1



METABOLIC BLANCE
PROGRAM
PG. 2



COMMON NEW YEAR'S
FITNESS RESOLUTION
MISTAKES
PG 3

ATHLETES, KEEP YOUR FEET
DRY!
PG. 4

TRUE OR FALSE: SPORTS
INJURY EDITION
PG. 5

www.midlandsportsrehab.com

JANUARY

KICK OFF THE YEAR STRONG

STAY ON THE ICE

JANUARY Newsletter from Midland Sports Rehab and Active Orthopedics

HOCKEY INJURIES

Hockey places intense demands on the body. Explosive skating, quick direction changes, contact, and repetitive shooting can lead to common issues such as hip tightness, knee pain, lower-back discomfort, and shoulder or neck injuries. Playing through pain or ignoring early symptoms often results in decreased performance or time off the ice.

HOW MIDLAND SPORTS REHAB HELPS HOCKEY PLAYERS

At Midland Sports Rehab, our physical therapy services are designed to address hockey-specific injuries and movement limitations. Our therapists assess skating mechanics, strength imbalances, and joint mobility to identify the root cause of pain—not just the symptoms.

For example:

- Hip tightness and mobility limitations: Physical therapy improves hip range of motion and strengthens stabilizing muscles used during skating.
- Knee pain: Targeted rehab focuses on strength, stability, and control during stops, starts, and directional changes.
- Shoulder and neck pain: Manual therapy and corrective exercises help restore mobility and strength after contact or overuse.
- Lower-back discomfort: Core strengthening and mobility work reduce stress placed on the spine during play.

RECOVERY, MOBILITY, AND PERFORMANCE SUPPORT

In addition to physical therapy, assisted stretching at Midland Sports Rehab and Active Orthopedics helps hockey players reduce muscle tightness, improve flexibility, and recover faster between practices and games—especially during long or demanding seasons.

Whether you're recovering from an injury, managing in-season soreness, or preparing for the season ahead, Midland Sports Rehab and Active Orthopedics provides personalized care to help hockey players move better, recover faster, and return to play with confidence.

METABOLIC BALANCE

We're excited to share that Midland Sports Rehab is now offering Metabolic Balance®, a personalized, food-based nutrition and weight-management program.

Metabolic Balance® uses your unique blood values to create a nutrition plan tailored specifically to you—no fad diets, calorie counting, pills, injections, shakes, or supplements.

NO PILLS.
NO SHOTS.
NO SHAKES.
JUST REAL,
WHOLE FOODS.

PLEASE VISIT
THE QR CODES
TO LEARN MORE



WELCOME
WEBINAR



INTRODUCTORY
GUIDE



ONLINE
PREP COURSE



COMMON NEW YEAR'S FITNESS RESOLUTION MISTAKES

Every January, motivation is high—but many fitness resolutions fail due to avoidable mistakes. People often jump into intense routines without preparation, rely on motivation alone, or ignore recovery. These habits can lead to burnout, pain, or injury instead of progress.

Common mistakes we see include:

- Doing too much, too fast
- Skipping warm-ups and cool-downs
- Training without rest days
- Ignoring mobility and flexibility
- Pushing through pain
- Setting unrealistic or vague goals
- Neglecting hydration and recovery

At Midland Sports Rehab and Active Orthopedics, we help people avoid these pitfalls by focusing on proper movement, recovery, and long-term consistency. Through services like physical therapy and assisted stretching, our team supports safe progression, improved mobility, and injury prevention—so you can stick to your fitness goals and move better all year.

ATHLETES! KEEP YOUR FEET DRY!

Cold weather and wet shoes in winter can be tough on athletes' feet. Keeping feet dry helps prevent blisters, irritation, and fungal infections like athlete's foot, while also keeping feet warm and comfortable. Dry feet let athletes focus on performance instead of foot problems.

Why Dry Feet Matter:

- Prevent blisters and skin breakdown
- Reduce the risk of fungal infections
- Keep feet warmer in cold weather
- Improve comfort and performance

Tips to Keep Feet Dry:

- Wear moisture-wicking socks made from synthetic materials or merino wool
- Avoid cotton socks, which trap moisture
- Change socks immediately after practices or games
- Allow shoes to fully dry between uses
- Wash feet daily and dry thoroughly, especially between the toes



TRUE OR FALSE: SPORTS INJURY EDITION

Think you know how sports injuries really work? Let's put your knowledge to the test. Circle TRUE or FALSE, then check the answers below.

QUESTION 1

Ice is always the best treatment for sports injuries.

Answer: ❌ FALSE

➡ Ice can help with short-term pain relief, but it doesn't fix movement problems, strength deficits, or overuse patterns.

QUESTION 2

Stretching alone can prevent most sports injuries.

Answer: ❌ FALSE

➡ Mobility is important, but balance, strength, and coordination are just as critical for injury prevention.

QUESTION 3

Sports injuries usually happen from one bad move.

Answer: ❌ FALSE

➡ Most injuries develop gradually from repeated stress, poor mechanics, or returning to activity too quickly.

QUESTION 4

Weak hips can contribute to knee, back, and shoulder pain.

Answer: ✅ TRUE

➡ The hips are a major power source. When they're weak or stiff, other joints have to compensate.

QUESTION 5

If pain goes away after a few days, the problem is solved.

Answer: ❌ FALSE

➡ Pain relief doesn't always mean the root cause is fixed. Many injuries return if movement patterns aren't addressed.

Our goal at Active Orthopedics Powered by Midland Sports Rehab is simple: Help you move better, recover faster, and stay active—at any age.

👉 If this quiz raised questions, a professional movement screen can help identify issues before they sideline you.