

SCHEDULE AN EVALUATION

THERAPY FIT NEWSLETTER

NOVEMBER 2023

WHEN YOUR DOCTOR SAYS...

YOU NEED SURGERY

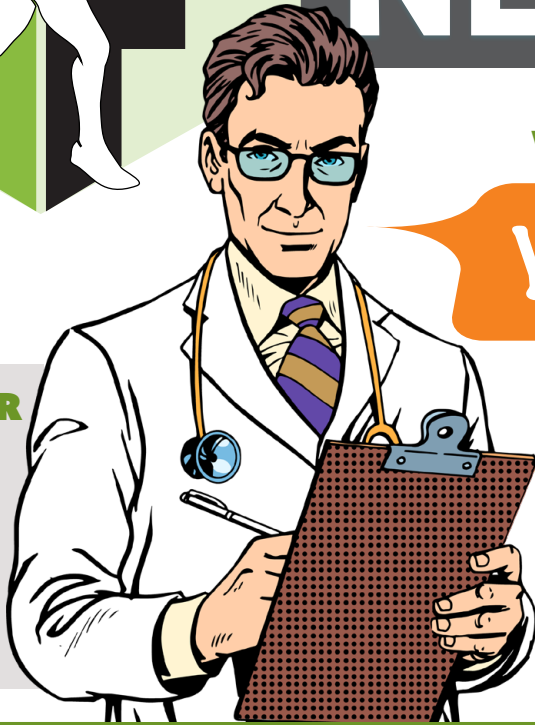
GIVE US A CALL — 972.441.7074

IF YOU ARE HAVING HIP, KNEE, OR SHOULDER SURGERY — PHYSICAL THERAPY CAN HELP PREPARE YOU FOR SURGERY AND HELP YOU RECOVER FASTER! CALL TODAY!

TREAT YOUR BODY TO A TUNE UP

You may qualify for **FREE PHYSICAL THERAPY!**

Details Inside



Are you planning to undergo arthroscopic or joint replacement surgery? Have you already had this procedure and wonder if you'll ever feel like your usual self again?

Surgery is an important option that can help people eliminate pain and regain function, however, it does not come without risks. Physical therapy is as effective as some surgical outcomes without the side effects, and at Therapy Fit, our therapists are experts at resolving orthopedic problems!

Surgery to replace or rebuild a joint imposes extreme limits on the body, but simply resting the joint for months won't resolve the issues and can create new problems. Fortunately, you can promote the healing process with physical therapy and ensure that your new-and-improved joint works as it should.

Your first step along that path should take the form of a customized physical therapy program at Therapy Fit. Call today to schedule an appointment with one of our experts!

Recuperating From Injuries And Surgery

The body's joints can move in some impressive directions and even (in the case of the hips and knees) hold your body weight steady as you stand and move. Unfortunately, their complexity also opens the door for many potential forms of injury and

damage. Joint damage can take the form of torn cartilage, ruptured ligaments, and degenerative changes.

Chronic joint damage may develop over many years, resulting in worn cartilage, inflamed and/or deformed joint components, and even painful bone-on-bone friction within the joint. Significant joint degeneration and arthritis can make everyday activities impossible.

Regardless of the nature of your injuries (i.e., acute or chronic), if your damaged joint doesn't respond to medication, exercise, and lifestyle changes, you may need to resort to surgery. Two primary types of orthopedic (joint) surgery include:

Arthroscopic surgery: Many injuries force the need for arthroscopic surgery. Examples include a torn rotator cuff in the shoulder, torn cartilage, and/or ruptured ligaments in the

Continued inside.

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HAVE A PT SUCCESS STORY YOU WANT TO SHARE?

Leave Your Favorite PT A Review

Leave a Review

Thank You!



CALL US AT 972.441.7074 TODAY!



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knee. In some procedures, the damaged tissues are reconnected to their anchor points and grafted into place to substitute the original tissues.

Total joint replacements: Total joint replacements may be necessary when the original joint has received so much damage or wear and tear that you can do nothing more than treat it. This need often applies to weight-bearing joints that have been subjected to longstanding or abnormal stress. Common examples include total knee replacements and total hip replacements.

8 Physical Therapy Techniques To Get You Moving Again

As tempting as it might be to rest and lay low following your surgery, you need to start working on your rehabilitation as soon as you can to avoid complications or health issues. Physical therapy offers a safe, professionally supervised plan for doing just that.

Research shows that patients who undergo physical therapy are better at balancing, getting out of chairs, climbing stairs, and walking than patients who received standard post-operative care. Your personalized physical therapy plan may consist of:

- 1. Training on assistive devices:** Your physical therapy regimen can include using assistive devices like canes, crutches, and walkers safely and efficiently.
- 2. Manual therapy:** Massage therapy boosts blood flow, reduces scar tissue formation, and drains swelling following surgery. Joint Mobilizations are used to facilitate improving joint range of motion.
- 3. Modalities including ultrasound, laser, e-stim, and Infrared therapy:** Therapeutic modalities boost blood flow and reduce post-operative pain/stiffness.
- 4. Heat and cold treatments:** Applications of heat or cold can help control post-operative swelling and relieve pain.
- 5. Compression therapy:** Mechanical pneumatic devices minimize and/or reduce post-operative swelling and assist the healing process.
- 6. Range of motion exercises:** Exercises to restore your range of motion help your new joint function correctly but also help prevent adhesions.
- 7. Strengthening:** Strength training helps rebuild weakened or atrophied muscles.
- 8. Balance and coordination:** Neuromuscular re-education exercises can help you regain joint stability and functional movements.

In addition to scheduling your post-operative physical therapy regimen in advance, you may also want to give serious thought to pre-operative physical rehabilitation or "pre-hab." Patients who pursue physical therapy before and after surgery show better function than those who don't. In addition, physical therapy has been shown to improve overall health and well-being and has few if any side effects.

Call Therapy Fit to discuss your recent or upcoming operation and schedule your rehabilitation today!



PATIENT SUCCESS SPOTLIGHT

*I would highly recommend Therapy Fit to anyone who needs therapy services. Dr. Reddy is very professional and knowledgeable and helped me with my speedy recovery after my knee replacement. **Using a variety of exercises and treatments, they helped me to steadily improve and heal.** The entire staff is friendly and attentive. They are the best! Highly recommend them."*

—Vijay P.

SHARE YOUR SUCCESS STORY AND BE SOMEONE'S HERO

[CLICK HERE TO SHARE YOUR SUCCESS STORY](#)

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TREAT YOUR BODY TO A TUNE UP & USE YOUR BENEFITS BEFORE THEY'RE GONE!

You may qualify for FREE PHYSICAL THERAPY.

If you have met your insurance deductible this year, or have unused money in your HSA account, it could cost you little or nothing to come to Therapy Fit for your aches and pains from now until the end of 2023. Or, if you want to work on improving your strength before heading into 2024, we can help you with that too! Our highly experienced team of physical therapists offers specialized treatment services designed to help you meet your goals. Let us help you get a head start on next year, before your deductible renews again!

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VARIOUS CONDITIONS THERAPY FIT CAN TREAT

- Arthritis
- Back Pain & Sciatica
- Scoliosis and Posture
- Elbow, Wrist Pain
- Hip and Knee Pain
- Interstitial Cystitis
- Neck Pain
- Post-Surgical Rehab
- Pre-Surgical Rehab
- Shoulder Pain
- Work Injury
- Sports Injury
- Chronic Pain
- Foot and Ankle Pain
- Women's Health
- Neurological Disorders
- Urinary Incontinence
- Balance and Gait Disorders
- Ankle Sprain
- Torticollis
- Plus More Conditions



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STAFF SPOTLIGHT



Dr. Anandi Gopinath,
PT, DPT

Anandi completed her Bachelor of Physical Therapy in 2006 and Master of Science in Physical Therapy in 2009. She has 13 years of clinical experience with special interests in treating neurological conditions including treating children with delayed milestone, cerebral palsy, and autism, stroke, vertigo, female health, weight loss training, and urinary incontinence.

Anandi has been extremely successful in vertigo management, urinary incontinence and management of pelvic floor including prolapse of uterus in female population. During her free time, Anandi spends valuable time with her two children and husband, and also does ice skating and walking.

Do you have aches and pains? Come Back In For A Tune-Up:

We can help in many ways, including:

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently and securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active and healthy lifestyle

If You Are In Pain or Have Sustained An Injury
Call Your Physical Therapist Today!

972.441.7074

