



FYZICAL[®]
Therapy & Balance Centers

NEWSLETTER

Benefits of Pre- & Post-Op Therapy For Athletes



Schedule your appointment today by scanning the QR code or by visiting us online at fyzicalutah.com or call the clinic closest to you.

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Benefits of Pre- & Post-Op Therapy For Athletes

Are you an athlete facing an upcoming surgical procedure? If so, you probably have a long list of to-do's and things to prepare before your operation. One important thing to add to that list is scheduling a consultation with a physical therapist – before and after your surgery!

Physical therapy at Fyzical Therapy & Balance Centers has proven time and time again to effectively help with preparing a person's body for surgical correction, as well as enhancing the recovery process.

A physical therapist's touch can make it possible for a person to get their full strength back as quickly as possible following a surgical procedure. We know your sport is important to you, and we want to help you get back on the field or court!

If you're facing a surgical procedure, contact our office today to learn more about our therapy programs, how our services can benefit you before surgery, and speed up your recovery process after your operation!

What Is Pre-Op Therapy?

Pre-operative therapy has been demonstrated to be just as valuable as post-operative physical therapy. To put it simply, pre-op therapy or "prehab" is preventative rehabilitation.

The Arthritis Foundation states "Studies show that knee and hip replacement surgery patients who had participated in water- and land-based strength training, aerobic and flexibility exercises for six weeks before their surgeries reduced their odds of needing inpatient rehabilitation by up to 73 percent. Pre-hab stabilizes your pain levels before surgery and gets you back on your feet faster after surgery."

Many athletes go through physical therapy after surgery to help them regain strength, balance, range of motion and overall wellness following a major health challenge. By contrast, prehab is a form of training that occurs in anticipation of such a challenge!

It generally includes physical therapy exercises aimed at optimizing your functional capabilities. Once you've completed that grueling athletic competition or surgical procedure, your pre-improved body will find it that much easier to respond to any necessary rehabilitation efforts, helping you get back on your feet and back to your daily life in record time.

During preoperative physical therapy, the physical therapist will work with you to improve strength and functionality in the areas immediately surrounding the targeted injury site. This process can help immensely with the recovery process following surgical care.

Pre-surgical rehab with physical therapy often incorporates:

- Hot and cold therapy
- Massage
- Stretching and mobility training
- Muscle training
- Endurance training

Your Fyzical Therapy & Balance Centers physical therapist may prescribe numerous exercises and stretches for you to perform at home as well to ensure that your operation can go as smoothly as possible.

If at any time you feel uncomfortable performing an exercise, let your therapist know! They are experts at helping you figure out ways to complete these exercises without pain and will be able to come up with a solution that benefits your situation the most. The ultimate goal is to see you up and on your feet quicker after your surgery!



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WHAT IS POST-OP THERAPY?

Although the benefits of pre-op therapy are not widely known, most people assume they will need to be in a physical therapy program after surgery! This is especially true for athletes who need to regain strength and range of motion to get back out on the field sooner.

Physical therapy treatment at Fyzical Therapy & Balance Centers will typically start soon after the surgical procedure, once the wound of the surgical site has healed and your body is ready to begin healing the actual torn tissue or damaged joint.

Post-surgical rehabilitation with physical therapy can help to:

- Alleviate pain
- Return strength to pre-injury levels
- Improve range of motion
- Dramatically reduce the recovery period

Following surgery, your physical therapy program will be customized to fit your condition and personal needs. In the first consultation with your physical therapist, be prepared to discuss the severity of the injury and the details of your surgical procedure. Your physical therapist will assess your range of motion and levels of strength at this time as well.

Most commonly, the therapeutic techniques your therapist uses will include a combination of massage therapy, hot and cold therapy, range of motion/mobility training, and guided stretching and muscle training.

Your physical therapist will also provide you with guidance for exercises that you should do at home, which will further help to improve your recovery process.

If you choose to recover after surgery without the aid of a physical therapist, you run the risk of the corrected tissues, tendons, and muscles recovering stiffly, with scar tissue interfering with your range of motion and atrophy limiting the amount of comfort and strength at the surgical site.

This can negatively affect your sports performance and cause injuries in the future, so be sure to seek physical therapy as soon as possible following your operation!

We're here to help, and we have years of experience backing every therapy option. Contact one of our providers today, and tell us about your symptoms.

We Want To Hear From You!

We want to hear your success story! Scan the QR Code below to go to our Google Reviews page. We look forward to hearing from you!

"I came in after a week long of hardly being able to move my neck. I had been laying awake in bed at night in pain for hours. After one visit, I finally had a good night's sleep and woke up feeling almost completely better!"

5-Star Google Review



Find Us Online!

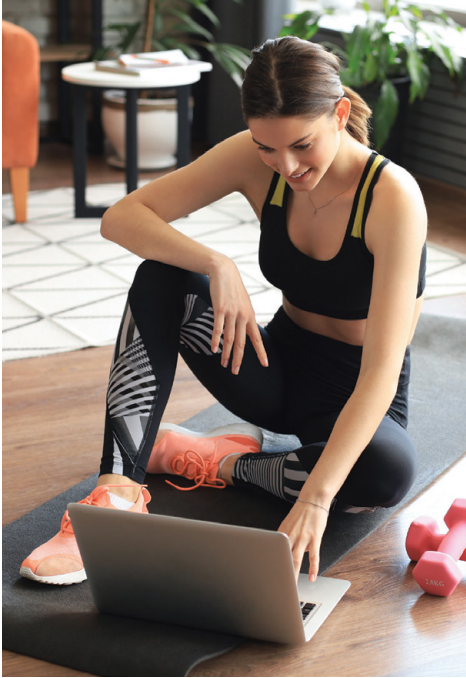


Follow Us
On Social Media!

We stay active on Facebook to provide you important updates, what's happening around our clinic, free workshops, patient success stories, and more! Don't miss out - follow us today!

 @FYZICALinProvo

Exercises To Do Indoors



Yoga. Yoga provides relaxing physical activity all year long and can easily be done in your bedroom, living room or just about anywhere in the house. You can even use yoga first thing in the morning to wake up slowly and get your body warmed up for the day.

Running alternatives. If you love cardio, you probably don't want to give up that runner's high, but you might not want to venture out into frosty conditions either. Get your heart pumping indoors with cardio exercises you can do at home, such as:

- Climbing stairs
- Burpees
- Jumping jacks
- Jump rope
- Mountain climbers
- High knees

You can keep exercising all winter—without risking frostbite. It might take you a few tries to find an indoor workout you love, but don't give up; you might just find your new favorite activity.

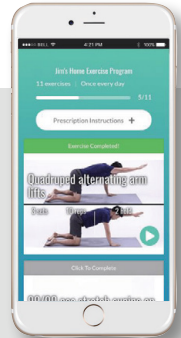
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Personalized Home Exercise Program

Rather than printing exercises on paper for you as we've done in the past, we now have the option to prescribe specific home exercises via our new app. You'll love the high-quality video content that stays in your pocket for reference and recording completion. [Reach out to us or visit our website at fyzical.com/utah to learn more about this program.](http://fyzical.com/utah)



- Easy Access to Your Home Exercise Program
- Full Exercise Videos with Instructions
- Personalized Notes From Your Therapist
- You Earn Medals, Awards, & Achievements
- Health Tips & Strategies



Has Your Pain Come Back?

Come back in for physical therapy!

Provo Address:
3303 North
University Avenue
Provo, Utah 84604
(801) 373-7438

Lehi Address:
3401 North Center
Street Suite #200
Lehi, Utah 84043
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