

THE



FYZICAL[®]

Therapy & Balance Centers

NEWSLETTER

A SUBSIDIARY OF



Southwest Sport & Spine Center, Inc.
"Powerful results to get you BACK into action."

YOU CAN FIND RELIEF AFTER TOTAL JOINT REPLACEMENT

PHYSICAL THERAPY CAN HELP



WE OFFER TELEHEALTH!

Telehealth Physical Therapy focuses on patient-centered outcomes for those individuals who need the convenience of an appointment in the home or on the go. **Contact us today to schedule a telehealth visit!**

INSIDE:

- Physical Therapy After Total Joint Replacement
- We Make It Easy To Leave A Review!
- Have You Sustained A Work Injury?
- Patient Success Spotlight

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SUFFERING FROM HIP OR KNEE PAIN? SEEK RELIEF WITH PHYSICAL THERAPY



Have you had a recent total joint replacement of the knee or hip? Do you still have pain or weakness when walking, climbing stairs, or squatting down to retrieve a dropped item? You may benefit from physical therapy after surgery. At FYZICAL, our physical therapists can provide you with the guidance you need to restore your motion, strength, and ability to perform daily activities without pain or limits! A total joint replacement is a surgical procedure where the arthritic or damaged joints are removed and replaced with a device called a prosthesis. The prosthesis is designed to replicate the movement and function of a normal joint.

Our clinic provides joint replacement rehabilitation to those who had a replacement procedure or even those experiencing limitations months and even years after their procedure. If your knee and/or hip joints are a constant source of pain, weakness, or limitation in any way, FYZICAL can help provide you with some relief. **Call today to schedule an appointment with one of our specialists!**

How to tell when you need a joint replacement. If you have tried treatments including medication, physical therapy, and activity modifications without relief, you may be a candidate for a total joint replacement. The most common reasons for a joint replacement include:

- **Severe joint damage.** This is typically due to advanced/end stages of osteoarthritis or rheumatoid arthritis.

- **Severe trauma to the joint(s).** Fractures and dislocations often lead to joint replacements. Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.

- **Chronic pain.** If your pain constantly affects your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may require total joint replacement surgery, it is essential to prepare yourself for the process.

What can you do to prepare for total joint surgery?

Consulting with one of our physical therapists can help prepare you physically, mentally, and emotionally for your upcoming surgery. Understanding what to expect has been shown to help achieve post-operative goals faster. Our pre-operative assessment and treatment session helps decrease the length of stay post-operatively, reduces anxiety before and after surgery, improves self-confidence, and establishes a relationship with your physical therapist. You can help ensure a smooth surgery and speedy recovery by planning. You can also ensure an early return of your function by learning what to expect and what exercises to perform. In addition, you can take steps to manage your first weeks at home by arranging for help and preparing with assistive items, such as a shower bench or a long-handled reacher.

PHYSICAL THERAPY AFTER TOTAL JOINT REPLACEMENT

Whether you have total hip or total knee replacement, physical therapy will be necessary for rehabilitation. Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint.

Your initial appointment will consist of a physical evaluation to determine what course of treatment will be best for your needs. Your physical therapist will create a specialized treatment plan based on your assessment to rehabilitate and bring you back to your optimum physical health. At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

After your passive therapy, you will continue into active physical therapy treatments. These will include strengthening exercises, balance, and gait training to ensure you progress while simultaneously preventing falls or other injuries that could inhibit your progress.



In addition, at-home treatments will help make your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

Call today to schedule your appointments. If you believe you could benefit from our total joint replacement rehabilitation services, contact FYZICAL today. **We will get you back to living your best life, free from pain and limiting knee or hip pain!**

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5919221/>
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2. Center the QR code above in the frame (this will take you directly to our Google Review page)
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MALL DRIVE

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NORTHWEST EL PASO



PATIENT SUCCESS SPOTLIGHT



I can resume my regular activities again!

"Excellence experience! Brigit, Montana, and the team helped me regain my balance and heal other joint issues so I can resume my regular activities again. Thank you so much to the team for your support in helping me regain what I love to do!!" - **A.T.**

COVID-19 ANNOUNCEMENT FOR CLINIC SAFETY



During the coronavirus pandemic, public health and safety are major concerns for everyone. This is especially true for those in need of physical therapy. While it is critical to adhere to social distance rules and reduce exposure risk, it is equally important to continue receiving regular physical therapy treatment in order to maintain your physical health.

While we understand the worry and stress over the spike in cases of COVID-19, we do want to emphasize the importance of taking care of your health and medical conditions during this time. We want to reassure all of our patients that our clinic is following CDC-recommended protocols for sanitization, the use of masks, and social distancing. Our equipment is cleaned and sanitized before and after use, we are only allowing a limited number of patients in the clinic at once.

We strongly encourage you to continue coming for your appointments unless you are ill or have been exposed to the virus recently. Our ultimate goal is to help you achieve your goals and be as successful as possible in your therapeutic treatment. The only way we can assist you in meeting this goal is by continuing regular treatment with your physical therapist so that you do not regress or develop worsening pain symptoms.

If you would like to talk with our clinic about our COVID-19 protocols, please feel free to give us a call the clinic nearest you today. We are here to help you and support you in your healing journey and want you to feel as safe and comfortable as possible in our clinic.

HAVE YOU SUSTAINED A WORK INJURY? PHYSICAL THERAPY CAN HELP



Have you suffered a work-related injury? If so, FYZICAL can help you on your recovery journey and get you back to work quickly! Work injuries can lead to physical, emotional, and monetary distress. This is especially true if you don't know how long your recovery time is going to be.

Physical therapy plays a key role in helping people recover from their work injuries, especially as recovery plans are often covered by workers' compensation insurance. It's important to meet with a physical therapist as soon as possible to get started on the right recovery plan for your needs.

Decrease your recovery time with physical therapy.

Physical therapy is a natural, quick, and easy way to recover from work-related injuries. In many cases, it also eliminates the need for potentially harmful prescription drugs or surgery. It has been proven to be successful in treating work injuries quickly and effectively for people of all ages.

At FYZICAL, we use the most advanced methods of pain relief, improved mobility, and overall well-being. Our physical therapists will develop a personalized treatment plan for your specific needs, in addition to helping you with proper performance techniques while at work, in order to avoid further injury in the future.

Begin your treatments today. If you have been injured at work, call us today to request an appointment and get started on the first steps of your treatment plan. We can also work with your worker's compensation caseworker to help you recover quickly and get you back to your normal routine! Find the treatments you need with FYZICAL.



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