



FYZICAL[®]
Therapy & Balance Centers

Physical Therapy
N E W S L E T T E R



**ALL ABOUT JOINT
REPLACEMENT THERAPY**
WHAT YOU SHOULD KNOW

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FYZICAL[®]
Therapy & Balance Centers

**PHYSICAL THERAPY
NEWSLETTER**

ALL ABOUT JOINT REPLACEMENT THERAPY



WHAT YOU SHOULD KNOW

If you have received a total joint replacement of the knee, hip, or shoulder, physical therapy can benefit you. At Fyzical Therapy & Balance Centers, we offer joint replacement therapy to those whose mobility is limited due to a replacement procedure.

After a joint replacement surgery, it can be difficult to move around in the ways you used to, or even complete daily tasks that you used to do with ease. Fortunately, our joint replacement therapy services can help relieve your pain and improve your function, so you can get back to your life as quickly as possible.

When is total joint replacement needed?

If you haven't yet gone through a replacement surgery but you are experiencing chronic joint pain, you may be a candidate for joint replacement. Total joint replacement surgery is typically recommended for those who:

- **Have severe joint damage.** This is typically due to arthritic debilitation, either from osteoarthritis or rheumatoid arthritis.
- **Experienced a severe trauma to the joint(s).** Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.

- **Live with chronic shooting pains.** If your pain is constantly affecting your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may be in need of total joint replacement surgery, it is important to first discuss it with your primary physician. If you have already received total joint replacement surgery, it is likely that your primary physician will refer you to a physical therapist for rehabilitation. Contact us today to learn more about our services and how they can help get you back on your feet!

How will joint replacement therapy benefit me?

After receiving your total joint replacement, physical therapy will be an integral part of your healing process. One of our licensed physical therapists will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility.

Physical therapy treatments can also benefit you both before and after your procedure, in order to make sure that your recovery process is as smooth as possible.



WHAT CAN I EXPECT FROM **JOINT REPLACEMENT THERAPY?**

DON'T LIVE FEARING **A FALL!**

Poor balance and a fear of falling can keep you from being active which can result in a wide range of health problems. Poor balance can be the result of many causes including inner ear problems, diabetic neuropathy, vision problems, medication or general weakness. We can help determine the root cause of your balance problem, and restore your confidence and mobility to keep you active.

We offer both vestibular rehabilitation and balance re-training. These exciting and successful treatments for dizziness and balance disorders have helped many patients feel better and return to normal lives, sometimes fixing stubborn dizziness in only one session!

Our goal is to empower patients to actively manage their condition without the need for more costly, invasive, and potentially harmful treatments. We will get you back to living the life you deserve, without the fear of falling or dizziness.



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 evaluation, aimed at rehabilitation, functional improvement, and bringing you back to your optimum physical health.

At first, your treatment plan will consist of passive physical therapy, which is primarily focused on pain relief and recovery. 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 that your physical therapist will guide you through, in addition to at-home treatments that you will do on your own. These will all help in making your recovery as quick and comfortable as possible, all while improving your joint function!

If you believe you could benefit from our joint replacement therapy services, don't hesitate to contact Fyzical Therapy & Balance Centers today. We will get you back to living life on your own terms as quickly as possible, without the daily worry of pain or limiting joints!



To get started with physical therapy or Telehealth, visit www.fyzical.com/san-marcos-tx or www.fyzical.com/wimberley-tx for more information, or call **512.353.4575** (San Marcos) or **512.847.9057** (Wimberley)!

EXPERT OPINION



Dr. Chris Jimenez
Orthopedic Joint Replacement Specialist

"Rapid Recovery Knee Replacement refers to a protocol I have tailored over many years of training and practice. The process can be broken down into a few steps. First, preoperative education and screening is vital for a patient's success. It is important to know what to expect prior to the surgery. Second, the surgery is performed in a minimally invasive fashion that decreases damage to your tissues. This

is important when considering knee replacement as studies show higher volume surgeons have lower complication and revision rates. Third, the appropriate amount and type of physical therapy is required for the best outcome!"

For more information, contact Dr. Jimenez at 512-BONE-DRS (512-266-3377) or visit his website at www.bonedrs.com.

FINDING RELIEF AFTER TOTAL JOINT REPLACEMENT

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 Therapy & Balance Centers, 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.

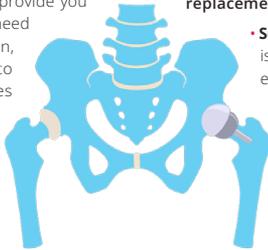
Our clinic provides joint replacement rehabilitation to those who had a replacement procedure or even those experiencing limitations months and even years after their procedure.

If your knee and/or hip joints are a constant source of pain, weakness, or limitation in any way, Fyzical Therapy & Balance Centers can help provide you with some relief.

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. Call today to schedule an appointment with one of our specialists!



HEALTHY RECIPE :

DELICIOUS SALMON BURGERS!

INGREDIENTS

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 pound salmon fillet
- 1 tbsp hot pepper sauce
- 1 large egg white
- Cooking spray
- 8 slices focaccia, toasted

INSTRUCTIONS

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

REMEMBER TO STAY ACTIVE INDOORS!



CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



PRONE ALTERNATE LEG

While lying face down and keeping your lower abdominals tight, slowly raise up a leg. Slowly lower and then raise the opposite side. Do not allow your spine to move the entire time.