

THE



FYZICAL®

Therapy & Balance Centers

NEWSLETTER



**HAVING SURGERY? BOUNCE BACK
FASTER WITH PRE- AND POST-REHAB**

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NEWSLETTER

Having Surgery? Bounce Back Faster With Pre- & Post-Rehab

If you're scheduled for an orthopedic surgery (such as a total joint replacement or an ACL repair), you probably already know you'll need to undergo rehabilitation afterward with a physical therapist. But have you considered working with a PT before your surgery, too?

Pre-rehabilitation, sometimes called "prehab," is a little less common than rehab, but it's still an important part of the surgical process. Together, a structured pre- and post-surgical physical therapy program can help you maximize the benefits of your surgery.

We offer pre- and post-rehab here at FYZICAL, and today, we want to explore both programs in detail. And if you'd like more personalized guidance, just contact our clinic to speak to our friendly staff!



EXERCISE YOUR BRAIN

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ELLIE'S EDITORIAL



Hi friends, it's Ellie! I've learned that physical therapy is a big help for everyday life but if you have a surgery coming up we can definitely help with that, BEFORE and after! Before surgery physical therapy prepares your body by building strength and flexibility, which can make recovery faster and easier. After surgery physical therapy is what helps you heal safely by restoring movement,

reducing pain, and getting you back to the activities you enjoy. Physical therapy keeps your muscles working, your balance steady, and your body ready for all the things you want to do, from walking comfortably to staying active with family, obviously including pets like me! I'll be here in the clinic, giving you love, wagging my tail and cheering you on every step of the way! Have your people call my people today!

What You Need to Know About Pre-Op Physical Therapy

Surgery can be incredibly tough on the human body. It's a highly invasive procedure that brings with it a host of complications, such as blood clots, post-surgical pain, and more.

Standard rehabilitation works to minimize these risks after the fact. However, prehab takes a proactive approach, allowing you to improve strength, fitness, and pain levels before you have your procedure.

Think of it this way: No athlete goes into a big game unprepared. They spend time training to ensure their strength, endurance, and performance are the best they can possibly be. Prehab is the same way—you're preparing your body for the "big game" of surgery.

WHAT ARE SOME BENEFITS OF PREHAB?

- Improves strength and mobility, making surgery and recovery easier
- Reduces pain and swelling before surgery
- May help shorten hospital stays and overall recovery times
- Decreases the risk of complications
- Helps you understand what to expect after surgery, reducing anxiety

WHAT CAN I EXPECT DURING PREHAB?

- An initial evaluation in which one of our physical therapists assesses your strength, range of motion, balance, and pain level
- Various pain management techniques, including manual therapy, ice/heat, or electrical stimulation, to help reduce discomfort
- A therapeutic exercise program consisting of specific exercises to target weak or stiff areas, improve circulation, and support surrounding joints
- Personalized endurance training consisting of low-impact cardiovascular activities to increase overall stamina
- A detailed overview of what you can expect after your surgery, including training on mobility aids and rehab exercises

WHAT YOU NEED TO KNOW ABOUT POST-OP REHABILITATION

Most orthopedic surgeries aim to correct whatever dysfunction is causing pain (for example, replacing an arthritic joint with a prosthesis). The results can be life-changing, but they don't occur overnight. It takes time to restore your body to its optimal strength, mobility, and function.

That's what post-surgical rehabilitation focuses on. A structured physical therapy program helps you recover from the surgery itself and work to get back to the activities that matter most to you.

WHAT ARE SOME BENEFITS OF REHAB?

- Reduces pain and inflammation
- Improves range of motion and overall mobility
- Strengthens muscles and improves overall function
- Helps you regain independence and return to your daily activities
- Lowers the risk of long-term complications, such as chronic pain

WHAT CAN I EXPECT DURING REHAB?

- Techniques to help manage acute pain and swelling, such as ice, compression, manual therapy, and assisted stretches
- Guided mobility work to help restore movement in the affected joint or area without stressing healing tissues
- Scar tissue management using hands-on therapy or tools to reduce the risk of long-term pain or stiffness
- Targeted, progressive strengthening exercises to rebuild muscle at an appropriate pace
- Balance or gait training to help restore stability in surgeries that affect your movement patterns
- Functional training that helps you relearn everyday movements like standing, walking, or climbing stairs

GOING INTO SURGERY? FYZICAL IS HERE TO HELP!

If you have surgery scheduled, now's the time to contact our clinic and learn more about how our pre- and post-op rehabilitation programs can help you make the most of your procedure. Remember, your recovery starts before you ever head into the operating room. Schedule an appointment with us today to get started.



THE IMPORTANCE OF MENTAL & EMOTIONAL PREPARATION FOR SURGERY

Calming The Mind, Easing The Journey

Surgery is a major decision, and the days leading up to your procedure can cause anxiety, fear, uncertainty, and a range of other difficult emotions. But did you know that physical therapy at FYZICAL can actually help you navigate these mental and emotional challenges?

It's true! In fact, one of the big benefits of prehab is that it can help alleviate surgery-related concerns, including worries about potential complications, pain management, and the impact your recovery will have on your day-to-day life. Our physical therapists can help you gain the reassurance you need to head to surgery with confidence.

Five Ways We Help Calm Your Mind Before Surgery

1. We give you a safe space to openly discuss your anxieties and concerns.
2. We provide realistic expectations about your recovery timelines and potential challenges ahead of time.
3. We provide strategies for managing pain immediately after surgery, reducing anxiety about the initial phase of recovery.
4. We offer emotional support and encouragement so you feel more comfortable with the entire process, including the psychological challenges of surgery.
5. We'll ensure you have reliable information about your procedure, rehabilitation, and pain management options, empowering you to make informed decisions.

The Power of a Prepared Mind

Addressing mental and emotional well-being before surgery is an important part of the prehab program. Just like enhanced strength, mobility, and cardio, a positive mindset and reduced stress can contribute to a smoother and faster recovery process.

We offer calming techniques to lower your stress levels and help you develop the emotional resilience to navigate any challenges that may arise during your recovery.

To learn more about how the FYZICAL team helps with physical and emotional readiness before a surgical procedure, schedule an appointment at our clinic today!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10722769/#https://pubmed.ncbi.nlm.nih.gov/40492929/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC924929/#:~:text=The%20prehabilitation%20programs%20should%20be%20patient-centred%20and%20should>

RECIPE OF THE MONTH: HALLOWEEN PIZZA



Ingredients:

- 18 ounces pizza dough
- ½ cup marinara sauce
- 2 teaspoons Italian seasoning
- 8 ounces vegan mozzarella cheese
- 8 black and green olives more as desired
- 1 handful of semolina flour
- Extra-virgin olive oil to drizzle

Directions: Prepare homemade pizza dough or use store-bought, noting some doughs need advance preparation. Preheat the oven and baking tray to 250°C (480°F), and coat both the tray and your hands with semolina flour. Stretch the dough into a 35cm (14") round by pressing and pulling—avoid using a rolling pin to maintain an airy crust. Place the dough on the tray and let it rest. In a bowl, mix marinara sauce with Italian seasoning; optionally add garlic powder, onion powder, and salt to enhance flavor. Thinly slice cheese and cut into ghost shapes using a cookie cutter or paring knife. For olive spiders, cut one olive in half for the body and another into eight slices for legs. Add eyes to cheese ghosts using a food coloring marker or tiny black olive pieces. Spread the sauce over the dough, arrange cheese ghosts and olive spiders, using tweezers if needed for precision. Reduce oven temperature to 220°C (425°F), bake for 15 minutes until the crust is golden, then finish with a sprinkle of Italian seasoning and optional olive oil.

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