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FYZICAL[®]

Therapy & Balance Centers



JUNE 2023

NEWSLETTER



FINDING RELIEF AFTER TOTAL JOINT REPLACEMENT

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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 Travelers Rest, 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 Travelers Rest 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 Travelers Rest today.

We will get you back to living your best life, free from pain and limiting knee or hip pain!

(864) 668-6985

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5919221/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7462050/>; <https://www.sciencedirect.com/science/article/pii/S1063458419309288>; <https://www.sciencedirect.com/science/article/abs/pii/S088354031830528X>

At-Home Exercise

KNEE CAR Strengthens Your Knee

Start by sitting on the ground with one leg straight and your other leg raised slightly resting on your forearm. Your heel should not be touching the floor. Turn your foot out as far as possible at your ankle and then extend your knee as much as possible. Turn your foot inward as far as possible and bend your knee as much as possible. 3 sets, 10 reps.



Always consult your practitioner before attempting an exercise you are unsure of.

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Product Spotlight: URBAN POLING

Poling (aka Nordic walking) is adding poles to your walk for many reasons such as stability, safety of mind, balance, rehabilitation, endurance and so much more. Whether you are walking around the neighborhood, on the beach or hiking — these poles are here to help! They are uniquely designed to be used extensively for both fitness and rehabilitation. You are able to build up strength and endurance while focusing on your safety! Here are some of the benefits:



- Anyone who suffers from Parkinson's, stroke, MS, chronic pain, spinal conditions and more can benefit.
- **Weight Management:** Research shows that urban poling burns 20 to 46 percent more calories than standard walking.
- **Pain Relief:** The poles let you offload weight from your hips, knees and any soft tissue injury you may have into your upper body, offloading some of that pain.
- **Balance:** A constant two-point contact (one foot and one pole) decreases your chances of falling.
- **Pre/Post Surgical:** Depending on the person, these can help you prep for and recover from hip or knee surgery.
- **Core Strengthening:** Your abdominal muscles tighten each time you push off with your poles. (Urban poling 1,000 steps is the equivalent of 1,000 crunches.)
- **Full-Body Workout:** Unlike standard walking, which uses just the lower body muscles, urban poling engages 90 percent of your muscles.
- **Improves Posture!** Your arms and back muscles strengthen with each arm swing and pole plant.
- **It helps balance your blood sugar:** The full-body workout helps keep blood sugars in a healthy range.
- **You can adjust the intensity:** Just press on the ergonomic handles with more or less intensity to modify your pace.
- **It's a great running alternative:** Hit the trails or your neighborhood sidewalks on your own or with friends. Urban poling offers the same year-round fresh-air experience as running without jarring your joints.

Call our office with any questions or come in and try them yourself today!

Patient Success Spotlight



"Always a great experience with staff that makes you feel like family! I would highly recommend that anyone do their physical therapy here! I've tried dry needling and laser therapy which helped tremendously!"

– Haley

ELLIE'S EDITORIAL



Happy Summer! I hope everyone is having an enjoyable time with their friends, families and pets! I went to the beach and saw so many people walking around with this good weather and there was so many using these "walking sticks." All the people using them really seemed to be having a good, easy going walk with the assistance of these! — Ellie

HAS YOUR PAIN RETURNED? COME BACK TO PT!

CALL US TODAY!
(864) 668-6985

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