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# NEWSLETTER

FEBRUARY 2024



Finding  
Relief After  
**TOTAL HIP  
OR KNEE  
REPLACEMENTS**

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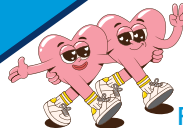
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## FINDING RELIEF AFTER TOTAL HIP OR KNEE REPLACEMENTS

Hip and knee replacements are among the most common surgeries in the United States. Every year, surgeons perform around 800,000 knee replacements and 450,000 hip replacements — and that number is expected to grow as the population ages.

But the surgeries themselves don't show the entire picture. While they can offer lasting relief for people suffering from osteoarthritis, they also require extensive rehabilitation to ensure success.

Most people can expect to spend six months to a year restoring the strength and mobility in their lower body. If you skip out on post-surgical physical therapy, especially immediately after your procedure, you might continue to struggle with joint pain and restrictions in your range of motion.

### *Madeline's Story: Finding the Trail Again*

When Madeline underwent a total hip replacement at the age of 65, she had one goal in mind: to hike again.

Madeline knew that, to achieve her goal, she would need to take her post-surgical physical therapy very seriously. She began physical therapy as soon as she was cleared by her surgeon, three days after her procedure. Her PT guided her through gentle mobility exercises and helped her move around the room with her walker.

We also helped Madeline manage her initial pain levels with joint mobilizations, soft tissue manipulation, and other manual therapy techniques. In addition to helping with pain, these techniques can reduce the development of scar tissue, which can cause long-term pain issues.

It wasn't long before Madeline began more intensive physical therapy. At her first appointment, she let her therapist know her dream of taking up hiking again, and they worked together to help Madeline achieve her goal.

Here's what Madeline's post-surgical therapy involved:

- **Step 1:** Improving her hip's range of motion through targeted stretches and range-of-motion exercises



- **Step 2:** Building strength in the muscles surrounding and supporting her hip, helping stabilize her new joint.
- **Step 3:** Activity-focused training to help Madeline restore her balance and ability to walk, climb stairs, and perform other movements crucial in daily life. As Madeline improved, her therapist began focusing on exercises that emulated hiking (such as walking up an incline) so Madeline could hit the trails again.
- **Step 4:** A hike with her new hip. After completing her physical therapy, Madeline's PT cleared her for a gentle, three-mile hike — and Madeline celebrated every step!

### Frank's Story: Starting Early for Lasting Relief

Frank didn't have a clearly defined physical goal when he underwent his total knee replacement at age 78. He'd never been particularly active, and his knee pain only made him more sedentary.

To help ensure Frank had the possible outcomes, we actually started his physical therapy before he even went into surgery. Research shows that pre-surgical physical therapy ("prehab") gives you a solid foundation for rehabilitation. So we set Frank up for success with a six-week prehab program that included the following:

- General fitness strategies to ensure he was in good health for his procedure
- Exercises to improve the strength and mobility of his knee joint
- Practice using a walker

Frank had initially been nervous about his surgery, but his prehab program helped build his confidence and gave him a taste of what to expect from his post-surgical rehabilitation. In fact, he was pleased to learn that his early exercises were very similar to those he had done during prehab!

Frank's rehabilitation proceeded similarly to Madeline's, even though he wasn't working toward a specific goal. We worked with him to manage his pain and slowly began mobilizing his knee. As his range of motion improved, we began incorporating strengthening exercises and functional training activities so he could perform day-to-day tasks.

Physical therapy was a lot of work for Frank, but it paid off in the end: he no longer struggled with joint pain, and he was far more active and mobile than he'd been in years.

### We Can Help You Find Relief, Too!

Are you scheduled for a total hip or knee replacement? Don't underestimate the importance of physical therapy in your rehabilitation. Call FYZICAL Travelers Rest today to learn more about how we can help!

Sources: <https://rheumatology.org/patients/joint-replacement-surgery>; <https://www.choosept.com/guide/physical-therapy-guide-total-knee-replacement>; <https://www.choosept.com/guide/physical-therapy-guide-total-hip-replacement-arthroplasty>; <https://www.sciencedirect.com/science/article/abs/pii/S187706572200077X>



## WHAT IS LASER THERAPY?

If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, you may be an ideal candidate for cold laser therapy.

Laser therapy has earned a reputation as being one of the safest, non-invasive treatment options on the market. Medical lasers are approved by the FDA and they adhere to strict ISO standards. Laser treatments are administered directly to the skin, to avoid contact with the eyes and pupils.

When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

Laser treatments are completely painless, despite some uninformed criticism. Depending on the type of laser used, many patients experience little to no sensation at all when receiving laser therapy sessions.

The laser causes some patients to feel a warm sensation, which is often regarded as calming and pleasant. Laser treatments usually run between 2 and 10 minutes, and the majority of patients get improvements after just a few sessions!

**FREE**

**FREE LASER SESSION!**

Refer someone you love, who becomes a patient, and get a free laser session!

# CAN I AVOID A TOTAL HIP OR KNEE REPLACEMENT?

No one wants to undergo surgery. It's often expensive, and it can bring with it a host of risks and complications. So, you might be wondering — can I skip surgery altogether?

Osteoarthritis has no cure. However, you can slow its progression by staying active and living a generally healthy lifestyle. In fact, surgeons won't actually perform a total joint replacement until they've seen that non-invasive treatments — such as physical therapy — aren't effectively managing the condition.

As with most degenerative conditions, the earlier you start, the better. If you already have an OA diagnosis, our physical therapists can work with you to develop a customized management program that might include the following:

- An aerobic exercise plan based on your interests and abilities
- Targeted strengthening and stretching exercises to improve joint health
- Strategies for reducing pressure on your joints
- Strategies for improving your overall health and wellness

Even if you don't have a diagnosis, following up on joint pain is essential, especially as you get older. Our physical therapists can let you know if that pain in your knee or hip is due to osteoarthritis or some other cause, such as an injury or muscular imbalance. Call to speak to our friendly staff today!

Sources: <https://www.choosept.com/guide/physical-therapy-guide-osteoarthritis>

## SUDOKU CHALLENGE

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<http://1sudoku.com>

n° 315825 - Level Hard



**Solution:** Scan the QR code at left or go to [www.1sudoku.com](http://www.1sudoku.com) and enter code 315825 into the solution box.

## Patient Success Spotlight

"Wow!! If you want to get the BEST therapy 😊 then this is the place. I had two total knee replacements and was so pleased with my results! My hat's off to the wonderful staff from check-in to check-out ❤️. Thank you, Susan, Haley, Hannah, Tony, Brett, Matthew, Sherry, KC 🐶 and Ellie 🐶. I will miss you. I actually looked forward to coming to each of my sessions 😊. God Bless 😊"

— BRENDA M.



## ELLIE'S EDITORIAL



🐾 Dear Beloved Patients 🐾

Woof woof! It's your favorite furry friend here, wagging my tail and sending you all the love in the world this Valentine's Month! As your loyal canine companion, I just wanted to take a moment to express my deepest affection and appreciation for each and every one of you. Speaking of care, have you heard of something called laser therapy? While I am still trying to understand it, I do know it helps keep you feeling your best. Just like how belly rubs and ear scratches make me feel like a million bucks, I've heard laser therapy can work wonders for your well-being. Laser therapy can take away pain, swelling, help with mobility and back to everything you love doing!



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