



**FEAR OF THE KNIFE?
PHYSICAL THERAPY COULD HELP YOU
AVOID SURGERY ALTOGETHER**

Does the thought of undergoing surgery make you feel queasy? If so, you're not alone. Many people have a "fear of the knife," so to speak. No one wants to get surgery, but sometimes it is a necessary part of physical treatment. However, it doesn't always have to be. If you feel as if you may be on the path to needing surgery, but you'd like to discuss alternative options, don't hesitate to give our team at FYZICAL Therapy & Balance Centers a call.

How can I avoid surgery?

There are numerous benefits to foregoing surgery and sticking with physical therapy – for one, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper! Secondly, you'll avoid the extensive recovery time that follows surgery. Many times, patients will need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick? Finally, and perhaps most importantly, physical therapy isn't invasive. Physical therapy doesn't involve any risks of complications or need for harmful painkillers. It's not painful, it's not dangerous, and it's a natural remedy for your pain!

HOW PT CAN HELP YOU OVERCOME ACHES & PAINS



It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy. These conditions were:

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

How do I know physical therapy will work for me?

It is true that surgery is unavoidable in some patients, if the condition is severe enough. However, there are several studies and testimonials that prove physical therapy is successful in the treatment of pain to the point where, in many cases, surgery is unnecessary.

According to a study done by the New England Journal of Medicine (NEJM), physical therapy is just as effective as surgery in patients with meniscal tears and arthritis of the knee. In this study, 351 patients aged 45 or older who fell under the categories of those conditions were randomly split into two groups, being “those who received surgery and post-operative physical therapy treatments,” and “those who received physical therapy alone.” Those given the sole standard physical therapy treatment plans were also given the option of “crossing over” to surgical treatment if they did not notice any significant improvements



to their condition. After six months, 30% of patients opted to receive surgery; however, 70% stayed with their standardized physical therapy regimen, reporting improvement. Within the 6-12 month time frame of the study, those patients who received physical therapy treatment alone showed similar signs of improvement to those that received both surgery and physical therapy.

A success story:

However, the proof toward the power of physical therapy doesn't end there! One inspiring success story came from a 49-year-old man named Roberto. Roberto was suffering from spinal stenosis when he took a harsh fall, fracturing his shoulder. Anti-inflammatory medications weren't an option for him, due to an additional diverticular disease, and during his physical evaluation by a pain management specialist, it was found that he was also suffering from degenerative disc disease.

Due to all his health concerns, Roberto was apprehensive about receiving major surgery, so his pain management specialist referred him to a physical therapist. That was two years ago now! Roberto still attends his physical therapy sessions twice a week, and he has reported radical improvement in his back and shoulder pain:

"My physical therapist, who really listens and cares, has enabled me to avoid back surgery and stop using anti-inflammatories. Instead of using medications, I have my mobility!"



Call Us Today!

To start living a pain-free life, call us at **512.353.4575**
(San Marcos) or **512.847.9057** (Wimberley) today!

We're here to help:

At FYZICAL Therapy & Balance Centers, we strive to make sure that every patient has a similar experience to that of Roberto's. Our physical therapists are trained professionals who are driven and ambitious about helping their patients achieve the highest levels of comfort and success. Our goal is to help you avoid surgery and harmful drugs as much as possible. We do this by providing an extensive evaluation process to clearly diagnose the root of your problem, and basing a specialized treatment plan around said diagnosis. We understand that every patient is different, so every plan should be different, too. Our physical therapists will be there with you every step of the way during your journey toward recovery, encouraging you and supporting every achievement you make. If you have a painful condition, don't resort straight to surgery – come see us for a consultation first, and let us discuss how we can help you.



Get Back To Physical Therapy!

Get back to living a pain-free life! Call us at **512.353.4575** (San Marcos) or **512.847.9057** (Wimberley), or visit our website at www.fyzical.com/san-marcos-tx or www.fyzical.com/wimberley-tx

TAKE A VIRTUAL TOUR OF OUR FACILITIES!

Simply visit the website below of the facility you would like to tour!

San Marcos: ptrc-tx.com/location/physical-therapy-san-marcos/

Wimberley: ptrc-tx.com/location/physical-therapy-wimberley/



FYZICAL[®]
Therapy & Balance Centers

See what results await you!

Call us today at

512.353.4575 (San Marcos) or **512.847.9057** (Wimberley).

EXERCISE ESSENTIALS

TRY THIS EXERCISE TO BUILD MUSCLE STRENGTH



 SimpleSet Pro
www.simpleset.net

SHORT ARC QUAD

Place a rolled up towel or object under your knee and slowly straighten your knee as you raise up your foot. Repeat the exercise for 10 to 15 repetitions.

Always consult your physical therapist or physician before starting exercises you are unsure of doing.



HEALTHY RECIPE

SLOW COOKER PUMPKIN PIE OATMEAL

INGREDIENTS

- cooking spray, butter or coconut oil
- 1 cup steel-cut oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin
- 3 tbsp maple syrup
- 1 tsp vanilla
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon
- ¼ tsp salt

INSTRUCTIONS Coat your slow cooker with cooking spray, butter or coconut oil. Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. In the morning, give the oats a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.

Source: <https://www.eatingbirdfood.com/slow-cooker-pumpkin-pie-oatmeal>

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Extra! Extra!

The first newspaper to ever be put into print in the US was published on September 25, 1690. The paper was called Publick Occurrences Both Foreign and Domestic and was published in Boston. The newspaper was to be rather short-lived, as the British were displeased with its contents and put a stop to it straight away.

Did You Know?