



## Health & Wellness

The Newsletter About Your Health And  
Caring For Your Body



*Are You Having Hip,  
Knee, Or Shoulder Surgery?*

### **INSIDE:**

- Are You Having Hip, Knee, Or Shoulder Surgery?
- Get The Most Out Of Your Benefits



Priority  
Physical  
Therapy

# Health & Wellness

The Newsletter About Your Health And Caring For Your Body



## Are You Having Hip, Knee, Or Shoulder Surgery?

Are you planning to undergo arthroscopic or joint replacement surgery? Have you already had this procedure and wonder if you'll ever feel like your usual self again? Surgery is an important option that can help people eliminate pain and regain function, however, it does not come without risks. Physical therapy is as effective as some surgical outcomes without the side effects, and at Priority Physical Therapy, our therapists are experts at resolving orthopedic problems!

Surgery to replace or rebuild a joint imposes extreme limits on the body, but simply resting the joint for months won't resolve the issues and create new problems. Fortunately, you can promote the healing process with physical therapy and ensure that your new-and-improved joint works as it should.

Your first step along that path should take the form of a customized physical therapy program at Priority Physical Therapy. Call today to schedule an appointment with one of our experts!

### RECUPERATING FROM INJURIES AND SURGERY

The body's joints can move in some impressive directions and even (in the case of the hips and knees) hold your body weight steady as you stand and move. Unfortunately, their complexity also opens the door for many potential forms of injury and damage. Joint damage can take the form of

torn cartilage, ruptured ligaments, and degenerative changes. Chronic joint damage may develop over many years, resulting in worn cartilage, inflamed and/or deformed joint components, and even painful bone-on-bone friction within the joint. Significant joint degeneration and arthritis can make everyday activities impossible.

Regardless of the nature of your injuries (i.e., acute or chronic), if your damaged joint doesn't respond to medication, exercise, and lifestyle changes, you may need to resort to surgery. Two primary types of orthopedic (joint) surgery include:

- **Arthroscopic surgery:** Many injuries force the need for arthroscopic surgery. Examples include a torn rotator cuff in the shoulder, torn cartilage, and/or ruptured ligaments in the knee. In some procedures, the damaged tissues are reconnected to their anchor points and grafted into place to substitute the original tissues.
- **Total joint replacements:** Total joint replacements may be necessary when the original joint has received so much damage or wear and tear that you can do nothing more than treat it. This need often applies to weight-bearing joints that have been subjected to longstanding or abnormal stress. Common examples include total knee replacements and total hip replacements.

# Techniques To Get You Moving Again

CALL US TODAY! MISSOURI 573.769.6166 OR SOUTH CAROLINA 843.536.4888

As tempting as it might be to rest and lay low following your surgery, you need to start working on your rehabilitation as soon as you can to avoid complications or health issues. Physical therapy offers a safe, professionally supervised plan for doing just that.

Research shows that patients who undergo physical therapy are better at balancing, getting out of chairs, climbing stairs, and walking than patients who received standard post-operative care. Your personalized physical therapy plan may consist of:

- **Training on assistive devices:** Your physical therapy regimen can include using assistive devices like canes, crutches, and walkers safely and efficiently.
- **Manual therapy:** Massage therapy boosts blood flow, reduces scar tissue formation, and drains swelling following surgery. Joint Mobilizations are used to facilitate improving joint range of motion.
- **Modalities include ultrasound, laser, e-stim, and Infrared therapy:** Therapeutic modalities boost blood flow and reduce post-operative pain/stiffness.
- **Heat and cold treatments:** Applications of heat or cold can help control post-operative swelling and relieve pain.
- **Compression therapy:** Mechanical pneumatic devices minimize and/or reduce post-operative swelling and assist the healing process.
- **Range of motion exercises:** Exercises to restore your range of motion help your new joint function correctly but also for helping to prevent adhesions.
- **Strengthening:** Strength training helps rebuild weakened or atrophied muscles.



- **Balance and coordination:** Neuromuscular re-education exercises can help you regain joint stability and functional movements.

In addition to scheduling your post-operative physical therapy regimen in advance, you may also want to give serious thought to pre-operative physical rehabilitation or "pre-hab." Patients who pursue physical therapy before and after surgery show better function than those who don't. In addition, physical therapy has been shown to improve overall health and well-being and has few if any side effects.

## CALL TODAY TO SCHEDULE AN APPOINTMENT

Call Priority Physical Therapy to discuss your recent or upcoming operation and schedule your rehabilitation today!

Source: <https://online.library.wiley.com/doi/full/10.1002/acr.22841> • <https://bmjopen.bmj.com/content/7/5/e016114>



## Get The Most Out Of Your Benefits

Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? If you answered yes, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses. This means the cost could be minimal or completely covered by your insurance plan. Now is the time to come in for physical therapy!

SCAN THE QR CODE TO SCHEDULE YOUR APPOINTMENT NOW!



Get Started On Your New Years Goals With PT!



# Crispy Brussel Sprouts

A HEALTHY THANKSGIVING SIDE DISH



## INGREDIENTS:

- 1 lb brussels sprouts
- 4 strips of low sodium bacon
- Minced garlic to taste
- Avocado oil
- Salt and pepper to taste

**DIRECTIONS:** Preheat oven to 400 degrees. Cut the ends off your brussel sprouts and then halve or quarter them, depending on size. Toss the brussel sprouts in a mixing bowl with a drizzle of avocado oil (just enough to lightly coat the sprouts). Add in minced garlic - my family likes about 3-4 tablespoons- and salt and pepper to taste. Chop the uncooked bacon and add to the mixing bowl. Spread everything on a baking sheet and cook for 15-20 minutes or until crispy on the outside, tossing halfway through to brown each side.

**We will be collecting canned foods at both locations through month of November until Wednesday, November 23rd. Please consider donating.**

# Patient Success

*Thank you for helping me and so many others along life's journey!*

"After knee replacement surgery in June 2022, I chose Priority Therapy for my continued outpatient recovery. I arrive on the first day feeling defeated after a difficult two weeks of post-op recovery at home. My pain level was markedly high, and balance and confidence on my feet were two of my biggest obstacles I faced. The positive environment provided by Priority Therapy, coupled with the medical expertise of Lauren and Brittany, was a winning combination that catapulted me forward in my rehabilitation. The exercises done regularly under their care strengthened muscles needed to give me stability again - that balance I was in desperate need of! My pain also subsided greatly. After just a few weeks, my confidence returned and the ability to 'go live my life', as my orthopedic surgeon so happily encouraged, was restored. I leave Priority Therapy feeling accomplished and proud of my progress. Thank you for helping me and so many others along life's journey!"

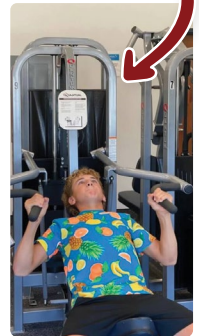


## YOU CAN LOOK AS GOOD AS HIM

**Gift certificates to the Fitness Center are a great option for staying healthy in the new year!**

Our Palmyra clinic offers a Fitness Center that can help you achieve your health and wellness goals. Memberships are available monthly or yearly for single, family and senior rates. There is a basic start-up fee of \$10 for a personalized access card which provides 24-hour access to our facility. Membership includes full and unlimited access to Priority Fitness facility and use of all equipment.

**CALL 573.769.6166 TO GET STARTED!**



# We Need Your Help

The best way to help a small business in the community is by leaving a Google review! We want to help more people. Share your great experience with Priority Physical Therapy and help us heal our neighbors.

*Scan the QR code with your smartphone and select the clinic you visited to leave your review today!*



**MISSOURI 573.769.6166  
SOUTH CAROLINA 843.536.4888**

**WWW.PRIORITYPT.NET**

