



NEWSLETTER

Your #1 Resource for Greater Health and Wellness



***DECIDING WHEN A
TOTAL KNEE
REPLACEMENT
IS RIGHT FOR YOU***

SugarLandPT.com

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DECIDING WHEN A TOTAL KNEE REPLACEMENT IS RIGHT FOR YOU

Are you experiencing knee pain unlike any other? Is it getting in the way of how you live your life from day to day? Over the counter medications may offer some temporary relief, however, if you're looking for a long-term solution to your pain, you'll need to look elsewhere.

Total knee replacement surgery is something many of our patients elect to have to solve the problem of their pain, but knowing when this operation is a good choice for you is key.

If you do decide to undergo a total knee replacement surgery, physical and aquatic therapy at First Colony Aquatic and Rehabilitation Center can help you in recovery to regain your flexibility, strength, range of motion, and mobility. Call us today to schedule an appointment.

How can I know if a total knee replacement is right for me?

Knee replacement is no joke, but neither is

experiencing knee pain. Have you noticed that walking has gotten so excruciating for you that you avoid moving around unless necessary? Do you avoid stairs? Is it difficult for you to stand for long periods?

If you're nodding your head "yes" to any of these questions, chances are you're missing out on time that could be spent with family and friends, or you've been forced to give up on hobbies you enjoy doing such as weekend gardening (as it requires kneeling).

Some conditions that may require total knee replacement surgery are:

- Stiff knee syndrome (arthrofibrosis)
- Arthritis
- Gout
- Knee injury
- Death of bone in the knee joint
- Hemophilia

CHECK OUT OUR VIRTUAL WORKSHOPS!

We can help you get back to moving again!



WATCH OUR PAST WORKSHOPS AT:

fb.com/pg/firstcolonyaquaticandrehabcenter/videos

How can physical therapy at First Colony Aquatic and Rehabilitation Center help you?

In many cases, a knee replacement can be delayed for years, or avoided altogether. Therapy to avoid a knee replacement begins with pain-free range of motion. Next you and your therapist work together on a graded progression of weight bearing exercises. If you cannot tolerate much on land, we can significantly unweight you in the comfort of our heated pool. There you will perform many day to day movements, just in a gravity-reduced environment. Ideally, the patient progresses out of the pool to land-based exercises, resistance training, etc.

Some of our patients never tolerate moving to land-based exercises in the clinic. So long as they achieve their goals to be pain-free in life, we view it as "mission accomplished". For the person who cannot tolerate land nor aquatic therapy, the total knee replacement surgery is a great option.

(Continued Inside)

Learn more by visiting sugarlandpt.com or call to schedule your appointment today!

(Continued from Outside)

What is total knee replacement surgery?

Total knee replacement surgery may be the best option for long-term pain relief. This operation is also referred to as arthroplasty, and it is a surgical procedure performed to resurface a knee damaged by arthritis or other conditions.

With this surgery, metal and plastic parts are used to cap the ends of the bones that form the knee joint, along with the kneecap. 90% of patients who undergo Total Knee Replacement experience dramatic pain relief, and while this is wonderful news, the reality is that after an operation like this, physical therapy at First Colony Aquatic and Rehabilitation Center is highly recommended to ensure a smooth recovery and optimum results.

After a total knee replacement surgery, it can be difficult to move around in the ways you used to, or even complete daily tasks that you used to do with ease. Fortunately, our aquatic therapeutic methods can help relieve your pain and improve your function, so you can get back to your life as quickly as possible.

When you receive your total knee placement, physical therapy will be a key part of your recovery process. One of our licensed physical therapists will provide a treatment plan for you that will assist in restoring your range of

motion, flexibility, strength, endurance, and overall mobility.

After you undergo a procedure, you'll find that you have movement restrictions. A physical therapist can help teach you how to move in ways that allow you to bypass these limitations, such as how to go up and down the stairs, put on clothes, or get in and out of a car. By making these adjustments, you will be able to move around comfortably while also working to restore your normal range of motion.

Your recovery process can be improved and sped up through aquatic therapy methods as well.

Benefits of aquatic therapy after a total knee replacement

Water has many healing properties, and it can help you recover after an operation. Aquatic therapy at First Colony Aquatic and Rehabilitation Center uses water treatments to improve motion and functionality while simultaneously allowing your muscles to relax.

Aquatic therapy sessions take place in the water and will likely begin with gentle, low-resistance exercises to target the lower and upper extremities.

Your therapy plan may include brief walking and light stretches. Then they will turn to

more advanced cardiovascular and core activities, such as squatting, and leg swings. The goal is to help restore function, balance, range of motion, and flexibility to your knee.

The benefits of aquatic therapy include:

- Building muscle endurance
- Enhancing the healing process to decrease recovery time
- Increasing aerobic capacity for better health
- Improving coordination and balance
- Improving flexibility and movement
- Assisting with locomotion and gait

You don't have to recover alone...

If you've undergone a total knee replacement and you're in search of a way to improve your healing process, call our clinic today for an appointment. Our skilled team of physical therapists can assess your condition as well as what part of the recovery journey you're in, and create a plan that works for you!

Contact First Colony Aquatic and Rehabilitation Center today (Sugar Land: 281-325-0188, Rosenberg: 281-239-3838) to schedule an appointment and take a step toward full recovery!

SUCCESS STORIES

What Our Patients Have to Say



I had broken my elbow and had to have a replacement surgery. Being that the injury is at my joint, movement was very painful and almost impossible. Natalie helped change

all of that. I went in the first day barely able to move my fingers, and on the first day itself she had me walking out of the facility with full motion back in all my fingers! 3 months in and I am doing fantastic! She really has changed my life dramatically, I cannot explain how depressing it is to not be able to use

your own arm on a daily basis. Natalie helped me get back to my life. I am and will always be forever grateful." - E.C.



HEALTHY RECIPE SHAMROCK GREEN SMOOTHIE



- 2 bananas, frozen
- 1 cup plain Greek yogurt
- 1 green apple, core removed
- About 1-2 cups fresh spinach
- 2 cups water or milk (non-dairy if necessary)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

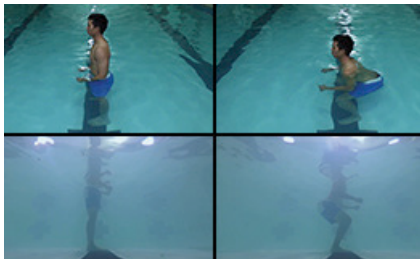
In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie. Adjust sweetness with additional honey, if desired.

Recipe: <https://www.momables.com/healthy-shamrock-green-smoothie/>

WORKOUTS TO DO FROM HOME

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

POOL SQUATS



Use This Gentle Aquatic Exercise to Strengthen Your Knees

Start by standing upright in a pool with your feet hip-width apart and the water at about waist height. Bend at your hips and knees to lower your butt toward the bottom. Make sure to dig through your heels, keeping your heels down, back straight, and abdominals braced. Press through your heels to stand back up straight. Repeat as directed by your physical therapist.



FirstColonyAquatic
and Rehabilitation Center

SUGAR LAND: 281.325.0188 | ROSENBERG: 281.239.3838

SIDE-LYING HIP ABDUCTION



Use This Exercise to Tone Muscle and Prevent and Treat Hip and Knee Pain

Hip abduction is the movement of the hip away from the midline of the body. The hip abductors are great contributors to our ability to stand, walk, and rotate our legs with ease. It is very beneficial to exercise these often forgotten muscles!

To do this exercise, lay down on your side, with the side you would like to strengthen facing upward. Stack your hip straight upward, towards the ceiling, making sure that your body is not rocked backward too far. Feel free to bend your bottom leg to help you stay balanced. Keep your top leg straight and flex your ankle to point directly forward.

Once you are in position, raise your leg up and slightly back, and then back to the starting position. Repeat 5 times in 3 sets. Repeat exercise on opposite side if desired.

View this video at <https://www.youtube.com/watch?v=mxWissvKfj0>

STAFF SPOTLIGHT: NANCY VO, OFFICE ADMINISTRATION

Nancy is a Vietnam native who moved to Houston at the age of 8. Growing up in Houston, she attended George Bush High School in Richmond, TX and graduated in 2014. In 2017, she joined the First Colony Aquatic and Rehab family. Nancy's inviting personality always puts a smile on patients' faces when they enter the facility for therapy. Alongside working, Nancy is currently in school for Paralegal Studies with goals to become a paralegal.

In her spare time, Nancy enjoys spending time with friends, eating good food, and watching movies.



DIRECT ACCESS WHAT DOES IT MEAN?

Physical Therapy is Easier
to Get Than You Think!

- A physician referral no longer needed for 10 business days, whether you want a check-up, suffered a recent injury, or if you want to improve your overall health and wellness.
- Therapy may begin with a full evaluation by a licensed physical therapist.
- When a physician refers you to therapy, you ALWAYS have the right to CHOOSE where to be seen.

*Don't let your pain hold you back.
Call us today or visit our website
at SugarLandPT.com.*