



# NEWSLETTER

Your #1 Resource for Greater Health and Wellness

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## *How Physical Therapy Can Help You Avoid Surgery*

**INSIDE:**

HOW PHYSICAL THERAPY COMPARES TO SURGERY  
HEALTHY RECIPE | PATIENT SUCCESS STORY



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## HOW PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

Are you worried that you may need to undergo surgery? Often, people assume that surgical intervention is the only way to treat various orthopedic conditions, such as a rotator cuff injury or spinal stenosis. However, you have another option: physical therapy at First Colony Aquatic and Rehabilitation Center & Sports Therapy!

Physical therapy is a frontline treatment for several musculoskeletal conditions, from arthritis to ligament injuries. Regular physical therapy treatments can help delay your surgery—and, in some cases, avoid it completely.

If you feel you may be on the path to needing surgery, don't hesitate to give our team a call. Our friendly staff can provide specific information about how our physical therapists can help you avoid or delay surgery.

### HOW PHYSICAL THERAPY COMPARES TO SURGERY

Surgery does not need to be your first step—or even a step at all. For certain conditions, patients who received physical therapy alone achieved the same results as those who received surgery in tandem with physical therapy.

In addition to the functional outcome results, physical therapy offers numerous benefits over surgical interventions:

- **Lower Costs:** Surgeries are far more expensive than physical therapy. Comparisons in prices estimate that surgery costs at least \$2 per year for every \$1 spent on physical therapy.

- **Less Time:** Surgery is a highly invasive procedure that requires lengthy rehabilitation. Healing alone typically takes several weeks, and it can take up to a year before you've fully rehabilitated—during which time you'll be doing extensive physical therapy anyway. Why not skip the extra step?

- **Decreased Risks:** Surgery brings a host of medical risks, from blood clots to dependency on painkillers. Because physical therapy is non-invasive, the risk is minimal (especially compared to surgery). It also offers drug-free pain relief options.

In short, our physical therapists can help you safely and effectively manage pain, restore mobility, and resume an active lifestyle. We can also prevent many issues from worsening, minimize new problems, and prevent re-injury.

### CONDITIONS THAT RESPOND WELL TO PHYSICAL THERAPY

Our physical therapists can help you maximize your movement, manage pain, avoid surgery, and recover from and prevent injury. Research has shown that physical therapy is as effective as surgery for the following conditions:

- **Meniscal tears:** There is no significant difference between surgery and physical therapy for unobstructed meniscus (cartilage) tears in the knee.

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# HARNESS THE HEALING TOUCH OF PT!

- **Rotator cuff tears:** Patients who received active physical therapy for rotator cuff tears showed similar rates of physical improvement and overall satisfaction compared to those who received surgery.
- **Spinal stenosis and degenerative disc disease:** Patients report similar improvements in pain, health status, and satisfaction whether they had surgery or received physical therapy treatments.

However, many more conditions benefit immensely from physical therapy. While there may be cases where surgery is necessary, many people find that physical therapy alone can manage their symptoms and help them find relief, allowing them to delay the need for surgery (and, sometimes, avoid it altogether). These conditions include the following:

- Osteoarthritis
- Carpal tunnel syndrome
- Herniated discs
- Partial ligament tears

## WHAT TO EXPECT WITH PHYSICAL THERAPY

Our physical therapists are highly trained professionals who care about helping you achieve the highest levels of success without surgery and medications with serious side effects.

To accomplish this, we provide an extensive evaluation process to diagnose the root of your problem and create a customized treatment plan around your goals. Every patient is different, so every plan should be different.

Our team will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and exercises to restore function and prevent future injuries.

The sooner you seek out physical therapy treatments, the more likely you will have the outcomes you are looking for. Also, even if you absolutely must have surgery, incorporating physical therapy into your preparation and recovery processes will help your results and improve your overall health and well-being.

Our physical therapists will be there with you every step of the way during your recovery journey, encouraging you and supporting every achievement you make.

## CALL TODAY TO SCHEDULE AN APPOINTMENT

If you have a painful condition, don't resort to surgery – see us for a consultation first. At First Colony Aquatic and Rehabilitation Center & Sports Therapy, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

GET STARTED ON YOUR RECOVERY TODAY!  
CALL SUGAR LAND AT **281.226.9802**  
ROSENBERG AT **281.559.7429** OR  
SPORTS THERAPY CENTER AT **281.980.2997**

OR VISIT OUR WEBSITE  
AT [SUGARLANDPT.COM](http://SUGARLANDPT.COM)

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**FirstColonyAquatic**  
and Rehabilitation Center

# SERVICE SPOTLIGHT

## JOINT MOBILIZATION

Sometimes, a joint can become irritated, swollen, or misaligned as a result of injury, stress, poor posture, repetitive movement, or even as a result of age-related wear and tear. When this happens, the joint may not move correctly and become stiff and painful. Nearby structures including muscles, tendons, and ligaments may become tense or injured as a compensatory effect of trying to support or stabilize the injured joint. This can lead to muscle weakness or even impingement and damage to nearby nerves.

Joint mobilization isn't appropriate for all patients, and our skilled and experienced physical therapists can determine if it's right for you or a loved one. Specific conditions which our physical therapy team successfully manage with joint mobilizations include:

- Arthritis (especially of the shoulder, spine, elbow, hip, and knee)
- Rotator cuff tears and sprains
- Adhesive capsulitis (frozen shoulder)
- Medial or lateral epicondylitis (golfer's or tennis elbow, respectively)
- Ankle sprains
- Sciatica and other types of nerve impingement syndromes
- Facet joint locking and other types of spinal misalignments
- Whiplash

Joint issues are often the hidden underlying factors driving other types of injuries and ailments including muscle strains, ligament damage, and bursitis, so this is why we strongly encourage you to consult with a physical therapist with any type of acute or chronic dysfunction. Your joints could be contributing to your pain without you even realizing it!

**Give us a call to get your healing journey started today.**



## HEALTHY RECIPE SIMPLE TASTY CHILI



### INGREDIENTS

- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

**INSTRUCTIONS:** Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.

Notes: If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.

## PATIENT SUCCESS STORY

I came to First Colony Aquatic and Rehabilitation Center with knee pain and surgery. With the wonderful work of Sean and other therapists, I have been able to overcome it and now have a pain-free life. When they say you get what you pay for, well, I got it and more. Thank you to all of the staff for getting me back to me. **-Sabrina M.**

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