

**Are You Having Hip, Knee, or Shoulder Surgery?
Physical Therapy Can Help!**



Thank you to our wonderful patients and team members!



ALSO INSIDE

- Physical Therapy Techniques To Get You Moving Again
- Great Northern Bean Soup
- 5 Simple Tips For Shoveling Snow



Are You Having Hip, Knee, or Shoulder Surgery? Physical Therapy Can Help!

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 Choice 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 Choice Therapy. Call today to schedule an appointment with one of our experts!

RECUPERATING FROM INJURIES & 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.

Bemidji
(218) 377-7341

Blackduck
(218) 307-2792

Kelliher
(218) 242-8370

Bagley
(218) 292-6882

Gonvick
(218) 292-6882

Hibbing
(218) 307-2849

Physical Therapy Techniques To Get You Moving Again



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 Choice Therapy to discuss your recent or upcoming operation and schedule your rehabilitation today!

Sources:
<https://onlinelibrary.wiley.com/doi/full/10.1002/acr.22841>
<https://bmjopen.bmj.com/content/7/5/e016114>



Scan the QR Code to visit our website to schedule your next appointment today!

www.choicetherapy1.com

Bemidji
(218) 377-7341

Blackduck
(218) 307-2792

Kelliher
(218) 242-8370

Bagley
(218) 292-6882

Govick
(218) 292-6882

Hibbing
(218) 307-2849

The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals. You have the right to choose your therapy provider. We want to be YOUR CHOICE.

Ask for Choice Therapy. Call today to schedule your appointment! (218) 377-7341



STAFF SPOTLIGHT | TJ KNOWLES

TJ earned his Bachelor of Science degree in Biology at Bemidji State University in 2014 and his Associate of Applied Science degree from Lake Superior College in 2016. When he is not helping others as a Physical Therapist Assistant, TJ can be found spending time in his hometown of Walker with his wife, 3 kids and friends.

Specialties:

- FMT IASTM certified- Soft tissue/fascial/nerve gliding and neuro-sensory pain modulation.
- Foot/Ankle Pain
- Sports Injuries
- Kinesiotaping- Fascial/ nerve decompression, improving blood flow and movement re-training.

5 Simple Tips For Shoveling Snow

Snow shoveling can lead to a number of health risks for many people, from back injuries to heart attacks. *The following tips can help keep you safer when you set out to shovel:*

1 Warm up.

Warm your muscles before heading out to shovel by doing some light movements, such as bending side to side or walking in place.

2 Push rather than lift.

Pushing the snow with the shovel instead of lifting can help reduce the strain on your body.

3 Lighten your load.

Consider using a lighter-weight plastic shovel instead of a metal one to help decrease the weight being lifted.

4 Consider multiple trips.

Consider shoveling periodically throughout the storm to avoid having to move large amounts of snow at once.

5 Keep up with snowfall.

Try to shovel snow shortly after it falls, when it is lighter and fluffier. The longer snow stays on the ground, the wetter it can become. Wet snow is heavier and harder to move.

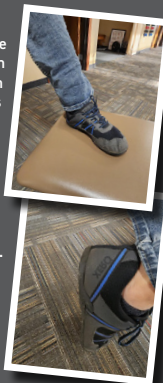


Patient Success Spotlight

I was a recent patient of Choice Therapy and my therapist, TJ Knowles, and I discussed the benefits of the Minimalist Shoes, and the fact that they are a great tool to help maintain foot and ankle strength as well as ensure future foot and even total body health. Through conversations and research, I went ahead and got a pair of the XERO Minimalist Shoe. It was one of the best decisions I have ever made. The benefits to my foot and ankle were almost immediate. I use to have daily pain, and was having to stretch 2-3 times throughout the work day or more. Now it is rare that I even need to stretch out my foot and ankle. The Minimalist Shoes do take a little bit of time to get used to, but they are 100% worth it. I would without a doubt recommend these shoes to anyone. The shoes come with a 5,000-mile warranty and are about the same price as another name brand athletic shoe.

I was very impressed TJ as a therapist. From the start he shown a commitment to my success. Prior to my first appointment TJ research the type of surgery I had done, and was prepared and ready with a game plan for my recovery. I can tell how passionate TJ is about what he does, and I can see it by how he conducted himself in every one of our appointments. Not only would I recommend the Minimalist Shoes, but I would recommend TJ and Choice Therapy.

Sincerely,
Zachary Hamlin



Use PT to your advantage. Schedule your appointment today!

www.ChoiceTherapy1.com