



**ARE YOU HAVING
HIP, KNEE, OR
SHOULDER
SURGERY?**

**PHYSICAL THERAPY
CAN HELP**

Recipe!
Skinny Red Velvet
Baked Cake Donuts

Home Shoulder
ROM Exercise

Patient
Success Story

INSIDE: • RECIPE! SKINNY RED VELVET BAKED CAKE DONUTS • HOME SHOULDER ROM EXERCISE • PATIENT SUCCESS STORY

ARE YOU HAVING HIP, KNEE, OR SHOULDER SURGERY?

PHYSICAL THERAPY CAN HELP



A MESSAGE FROM DR. CHRISTIAN, DPT

Often times our bodies undergo a significant amount of damage following years of hard work (or play). Before we know it, a nagging hip "tweak" can turn into a full-blown ache which can certainly slow us down. To many people, surgery appears to be the only option to return to doing the activities that we love. What if I told you that the advancements in conservative treatment for joint pain have greatly improved over the last 10 years? An aching shoulder that no longer lets you raise your arm overhead does not necessarily mean that surgery is your only option anymore.

Before you commit to an invasive surgery, consider the conservative treatment options available. Physical Therapy can improve joint stability to remove the painful stimulus by strengthening through a full range of motion. Platelet-rich plasma injections at the site of injury can stimulate a cascade of nutrient-rich platelets directly to the injured site to kick-start the healing process. Trigger-point release performed by a skilled Physical Therapist can improve the tissue gliding of

the muscles surrounding the painful site. Functional movement analysis performed by our team of physical therapists can pinpoint what is causing your pain in the first place so that the pain stimulus will go away for good!

Pre-hab is a phrase that we use for individuals who want to address their pain before it turns into a bigger problem. Perhaps you've noticed a mild nagging pain in your knee that doesn't stop you from doing the activities you love, but you'd like to "get ahead" of the pain to make sure that it doesn't get worse. Ideally, this is the best time to treat your pain. Don't let your pain snowball into a bigger problem!

Let's say that you have already had your surgery and you're not sure what to do next. For a joint replacement or repair, physical therapy is a crucial aspect of the recovery process. Regaining strength and range of motion is typically the main goal following surgery, otherwise your surgically repaired joint may "stiffen up" and do you no good! If you are scheduled for surgery, discuss game planning with your surgeon for when you will begin physical therapy to ensure the best outcome for your joints.

HOW PT HELPS 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 Joint Restoration Center, 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 can 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 Joint Restoration Center.

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.

8 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:

- 1. Training on assistive devices:** Your physical therapy regimen can include using assistive devices like canes, crutches, and walkers safely and efficiently.
- 2. 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.



HOME EXERCISE: PENDULUM WITH SUPPORT

Start by placing your unaffected hand on a table or chair for support with your affected arm hanging straight down in front of your chest. Slowly start moving your hips from side to side and let the momentum from your lower body cause your hanging arm to begin moving in a side to side motion. As symptoms improve, increase the diameter of your swing, but never force it. 3 sets, 10 reps.

Improves Shoulder ROM



Not all exercises are appropriate for every person. Please consult with a healthcare provider before starting.



- 3. Modalities include ultrasound, laser, e-stim, and Infrared therapy:** Therapeutic modalities boost blood flow and reduce post-operative pain/stiffness.
- 4. Heat and cold treatments:** Applications of heat or cold can help control post-operative swelling and relieve pain.
- 5. Compression therapy:** Mechanical pneumatic devices minimize and/or reduce post-operative swelling and assist the healing process.
- 6. Range of motion exercises:** Exercises to restore your range of motion help your new joint function correctly but also help to prevent adhesions.
- 7. Strengthening:** Strength training helps rebuild weakened or atrophied muscles.
- 8. 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 Joint Restoration Center 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>



READ MORE ON OUR BLOG!

Scan the QR code or visit:

<https://jointrestorationcenter.com/exercises-for-knee-pain-relief-before-and-after-knee-surgery/>

SKINNY RED VELVET BAKED CAKE DONUTS

- ¾ c all-purpose flour
- ¼ c cocoa powder
- 1 tsp baking powder
- 6 tbsp sugar
- 1 tbsp vegetable oil
- 2 tsp vanilla extract
- 6 tbsp natural or Greek yogurt
- 5 tbsp milk
- 1 tbsp lemon juice
- 1 tsp red food coloring
- 1 egg
- 3 tbsp low-fat cream cheese
- 1 tbsp low-fat condensed milk
- candy heart sprinkles (optional)



Preheat the oven to 350F/175C and lightly grease two six-hole donut pans or one six-hole donut pan and one mini 12-hole donut pan. In a medium bowl, stir together the flour, cocoa powder, baking powder and sugar. Pour the vegetable oil, vanilla extract, yogurt, milk, lemon juice, food coloring and egg into the bowl with the dry ingredients and beat until everything comes together. Pour the donut batter (it will be thin) into a large piping bag and pipe into the donut pans, filling each mould ¾ of the way full. Bake in the preheated oven for around 10 minutes, until the tops are springy to the touch. Remove the donuts from the oven and leave to cool in the pan on a wire rack for about 2 hours, or until at room temperature. To make the icing, use a fork to beat the cream cheese and condensed milk together. Spread the icing evenly on top of the cooled donuts and sprinkle with candy hearts.

<https://happyhealthymotivated.com/skinny-red-velvet-baked-cake-donuts/>

DON'T IGNORE YOUR PAIN. COME BACK TO JRC!



Patient Success Story

"They're all very accommodating, helpful, explained everything - policies, procedures extensively and answered questions satisfactorily. The facilities are excellent. After just one physical therapy session and one treatment, the nagging, annoying knee pain is all but gone. After I'm finished with the treatments, I'll have them work on my shoulders next."

— Rene L.



We want to hear *YOUR* success story!

Leave a review for our practice and help us connect with the community! Visit <https://lead.me/bd9lrm> or scan the QR code to leave us a Google review!



Has Your Pain Returned?

Call today to schedule an appointment!

918.205.2608

JOINT
RESTORATION CENTER
& PHYSICAL THERAPY

JointRestorationCenter.com