



## RECOVER BETTER AFTER SURGERY WITH *Physical Therapy*

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## 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 MMA & Sports Rehab, 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 MMA & Sports Rehab. Call today to schedule an appointment with one of our experts!

(Continued Inside)



# 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.

## 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 MMA & Sports Rehab to discuss your recent or upcoming operation and schedule your rehabilitation today!

Sources:  
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CALL TODAY! (703) 289-0388

# What's Going on at MMA & Sports Rehab?

Praise Martin-Oguike at MMA & Sports Rehab: "Defensive End for the @ cflredblacks Canadian football League. He has played in the NFL for a few seasons too. Rehabbing from a high ankle sprain, we're putting him through the most intense strength and agility training we can in order to get him ready for Training Camp. This man dreams of a great season and we're here to help make sure that happens!"



## Patient Success Story

"My experience with Dr. Ujjwal and Jon has been a very good one. I first had low back pain from a rock scrambling incident and chronic neck pain from a car accident earlier in life. Dr. Ujjwal and his team have been 1) very attentive, 2) tailoring their care to my personal condition and other health issues, 3) resourceful in helping me to create at-home exercise tools to be consistent with my physical therapy, and 4) successful! I am increasing my mobility and functionality from needing to move from my desk every 10 minutes to being able to work for close to an hour before moving. From being unable to handle a Zumba class for over two years to doing two Zumba classes per week. From being afraid of injury to having more confidence in myself AND in my body and its natural ability to heal. I appreciate MMA & Sports Rehab very much and can highly recommend." - Michelle A.

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More People

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