

NEWSLETTER

FEAR OF THE KNIFE

Physical Therapy Could Help
You Avoid Surgery Altogether



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NEWSLETTER



FEAR OF THE KNIFE?

Physical Therapy Could Help You Avoid Surgery Altogether

Does the thought of undergoing surgery concern you? Have you wondered why medication and surgery seem to be the only option for your pain? Too many people mistakenly think that surgery will fix their pain only to find out that they still have pain or have new issues they need to deal with after surgery.

Research shows that physical therapy is as effective as surgery for some conditions like meniscus tears, spinal stenosis, and rotator cuff injuries. In addition, the costs and risks of surgery are eliminated with therapy.

If you feel you may be on the path to needing surgery, don't hesitate to give our team at Hands On Physical Therapy a call. Find out how our physical therapists can help you avoid the need for surgery!

HOW PHYSICAL THERAPY COMPARES TO SURGERY

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy.

In addition to the functional outcome results, there are numerous other benefits to forgoing surgery and sticking with physical therapy.

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

Total time spent: All surgeries have a healing phase that lasts from 4 weeks to 6 months (or longer). Physical therapy alone takes less time for the same outcome and doing therapy before surgery leads to less total time after surgery.

Patients will often need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick?

Safe and effective: Physical therapy isn't invasive; this means it doesn't involve any risks of complications or the need for harmful painkillers. It's a safe and effective way to resolve your issues and a natural remedy for your pain!

Continued inside.

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**YOU DO NOT NEED A DOCTOR'S PRESCRIPTION TO SEEK PHYSICAL THERAPY
IN THE STATE OF NORTH CAROLINA YOU HAVE DIRECT ACCESS TO PHYSICAL THERAPY**

FEAR OF THE KNIFE?

Continued from previous page.

Physical therapists help people manage pain, restore mobility problems, and resume an active lifestyle. It can also prevent many issues from getting worse, minimize new problems, and prevent re-injury.

WHAT CONDITIONS RESPOND 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

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.

Before you have surgery, try physical therapy and get back to doing what you love without the risks!

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.



We do this by providing an extensive evaluation process to diagnose the root of your problem and basing a specialized treatment plan around your goals. We understand that 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 in the early stages of your condition, 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 recovery process 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 journey toward recovery, encouraging you and supporting every achievement you make.

If you have a painful condition, don't resort to surgery – see us for a consultation first. At Hands On Physical Therapy, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

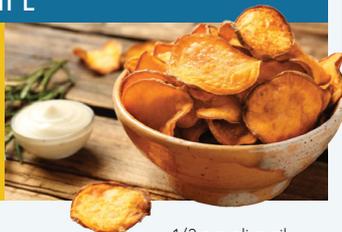
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TASTY RECIPE

BAKED SWEET POTATO CHIPS



INGREDIENTS

- 1 1/2 pounds sweet potatoes
- 1/3 cup olive oil
- Salt

INSTRUCTIONS: Preheat the oven to 300 degrees Fahrenheit. Line several baking sheets with parchment paper and set aside. Use a mandolin slicer to cut the sweet potatoes into paper-thin rounds. Pile all the sweet potato rounds into a large bowl and pour the olive oil over the top. Gently toss to coat every piece with oil. Then lay the sweet potato rounds out on the baking sheets in a single layer. Sprinkle the chips lightly with salt. Bake for 20-25 minutes until crisp and golden around the edges. Remove from the oven and cool for 5 minutes on the baking sheets. Then move the chips to a bowl, or plastic bag to store.

<https://www.aspicperspective.com/baked-sweet-potato-chips/>

EXERCISE OF THE MONTH

This exercise helps strengthen your hips.

HALF KNEELING HIP FLEXOR DYNAMIC STRETCH

Start by kneeling on one knee with both knees bent to about 90-degrees and an upright torso. Place your hands on your hips, squeeze your butt, and shift your hips forward slightly to feel a light stretch in the front of your hip. Shift your hips back. Hold for 2 seconds and repeat 10 times.



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

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Golf Injuries

Play It Safe With These Tips

Although golf is a low-impact sport, it's associated with a significant number of injuries. Many golfing-related injuries are a result of poor mechanics or overuse. The most commonly injured area is the lower back, followed by the elbow, wrist, hand, and shoulder.

- **Use proper posture.** Stand with your feet shoulder-width apart and rotated slightly outward, and with your knees slightly bent. Hold your spine relatively straight; your trunk should be tilted forward, but most of that movement should come from your hips. Avoid hunching over the ball, which may contribute to neck and back strain.
- **Stay smooth.** The power of a golf swing comes from force transferred smoothly through all the muscle groups, from your ankles to your wrists. If you depend on one part of your body for your hitting power, you may be more prone to injuries. For example, overemphasizing your wrists during your swing can lead to a golfer's elbow – a strain of the muscles on the inside of the forearm.
- **Don't overswing.** If you swing the club too hard or too fast, you may stress your joints. Relax and take a nice, easy swing at the ball. The best golfers have consistent – not necessarily fast – swing tempos.

If you have suffered a sports injury
Hands On Physical Therapy can
help get you back in the game.
Contact us today!

COME BACK TO PT!

Suffering from aches and pains? Call one of our locations or visit hopt-wellness.com to schedule an appointment and get relief today!

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PATIENT SUCCESS SPOTLIGHT

"My son had an amazing experience with HOPT! The therapist he worked with helped him increase his agility, speed, and strength in his legs and ankles. My son initially was experiencing knee pain and was diagnosed and treated for tendinitis. The PT who handled his therapy worked with him in the office and gave him exercises outside the office to help relieve his pain and strengthen his body. We would recommend HOPT to any athlete who wants to better his/her performance.." –Anna L.

You too can get results like this. Contact Hands-On Physical Therapy today and find out how PT can get you back to the activities you enjoy! Call today for your appointment.

We want to hear your Success Story. Scan the QR code and leave us a review.

Thank you!



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COUPON CORNER!

FREE PAIN CONSULTATION

HO Hands On
PT Physical Therapy

WE OFFER 3 CONVENIENT
LOCATIONS

CALL TO SCHEDULE TODAY!

Spots are limited so call today!

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Call to schedule. Expires 7/30/2023