



## Transform Your Recovery With Pre- & Postoperative Physical Therapy

One of our patients, who we'll call Michael, was a middle-aged teacher with a passion for hiking; faced an unexpected challenge when a sharp pain in his knee turned into a persistent problem, affecting not only his favorite outdoor activities but also his ability to stand comfortably in front of his classroom.

After several consultations, an MRI revealed a torn meniscus requiring surgery. The prospect of surgery was a big concern to Michael, who had never faced such a significant medical procedure. However, his orthopedic surgeon recommended a comprehensive approach to ensure the best possible outcome: engaging in pre- and postoperative physical therapy.

### The Road to Surgery: Preoperative Physical Therapy

Understanding the importance of being in optimal physical condition for the surgery, Michael was referred to OSR Physical Therapy for preoperative care. Our goal was to maximize his range of motion and strengthen his knee as much as possible before the surgery to aid his recovery.

Michael met with one of our physical therapists, who explained how pre-surgical physical therapy could make a significant difference in his recovery process. His therapist tailored a program focusing on building strength, improving his mobility, and getting him as prepared as possible for surgery and the recovery afterward.

Preoperative physical therapy sessions included a variety of exercises designed to enhance the stability of Michael's knee alongside manual therapy techniques to free up restrictions, mobilize his knee, and help manage his pain.

His therapist also educated Michael about how to best prepare mentally and physically for post-surgery rehabilitation. This proactive approach helped Michael enter the surgery with a stronger knee and equipped him with the knowledge and confidence needed to face his recovery.



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# Navigating Recovery: Postoperative Physical Therapy

After the surgery, Michael's journey to recovery began with postoperative physical therapy. The first few sessions focused on managing pain and reducing swelling. These are crucial steps to ensure a solid foundation for more intensive rehabilitation. His physical therapist guided Michael through the following treatments:

- **Range of Motion Exercises:** To gradually increase knee range of motion.
- **Strengthening Exercises:** Targeting the quadriceps, hamstrings, and calf muscles to support knee stability.
- **Swelling and Pain Management:** Using compression and elevation to reduce swelling and pain.
- **Manual Therapy:** Soft tissue massage and joint mobilizations improve joint function and decrease pain.
- **Gait Training:** To improve walking patterns and ensure proper weight distribution and knee alignment.
- **Balance and Proprioception Training:** Exercises that help restore balance and knee joint position are crucial for preventing re-injury.
- **Functional Training:** Focused on returning to daily activities and specific sports or hobbies with proper form and without pain.

One of the pivotal aspects of Michael's postoperative care was the personalized attention he received. His therapist continuously adjusted his plan based on his progress, ensuring each exercise was challenging and achievable. This customization was crucial, as it kept Michael motivated and engaged in his recovery, even on days when progress seemed slow.

Postoperative therapy also included education on proper movement patterns to prevent future injuries and ensure the

longevity of his knee's health. Michael learned how to adjust his daily activities to protect his knee and support its healing.

## The Impact of Comprehensive Physical Therapy

The benefits of Michael's commitment to both pre-and postoperative physical therapy were clear; not only did his recovery timeline exceed expectations, but he also experienced a significant improvement in his knee's functionality compared to before the surgery.

Michael's dedication to his therapy and his therapist's expertise transformed his recovery into a journey of personal growth and resilience. The knowledge he gained about injury prevention and physical wellness became integral to his daily life, influencing his return to hiking and his approach to physical activity in general.

## A Return to the Trails

After his rehab ended, Michael stood at the base of his favorite hiking trail, ready to tackle it again. This moment was the culmination of hours of physical therapy, perseverance, and the unwavering support of his therapist. As he ascended the trail, each step was a testament to the importance of comprehensive physical therapy in recovery from surgery.

Michael's experience underscores the transformative potential of pre- and postoperative physical therapy at OSR Physical Therapy. By engaging in targeted exercises before and after surgery, patients can accelerate their recovery and improve their overall physical function and quality of life!

Sources: <https://journals.sagepub.com/doi/10.1177/0269215103808030> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1746095/>

## Yummy Recipe: Salted Peanut Butter Smoothie

### Ingredients:

- 1 cup vanilla almond milk
- ½ frozen banana
- 1 tablespoon cocoa powder
- 1 tablespoon peanut butter
- ½ cup ice
- 1 scoop vanilla whey protein powder
- Flaky sea salt, for garnish

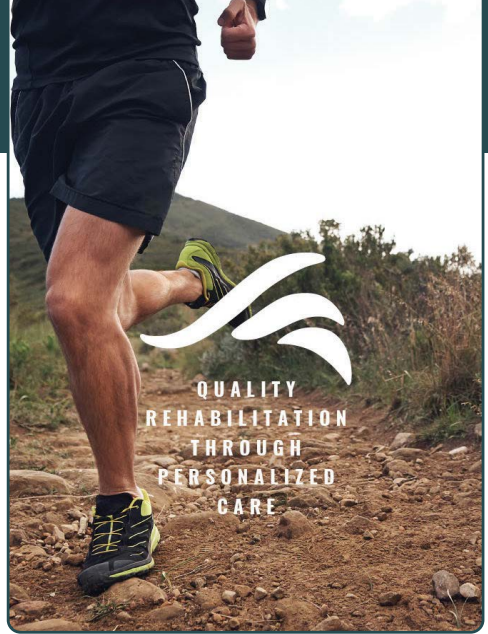
**Here's how to make it:** Blend all ingredients except the sea salt until smooth. To serve, sprinkle with a pinch of sea salt.



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"Physical Therapy isn't just about recovery. It's about empowering you to move freely and live life to the fullest. Cheers to your achievements and newfound strength!"



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