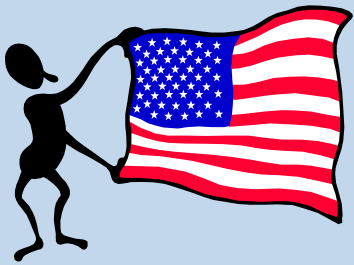


Brostrom Physical Therapy

-- Monthly Newsletter --

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Brostrom Physical
Therapy would like to
thank the service men
and women of
The United States for
preserving our
freedom.

Quote of the Month:

"Strength doesn't come
from what you can do. It
comes from overcoming
the things you once
thought you couldn't.

-- Rikki Rogers

September & October 2018

The Importance of PT Pre-Surgery:

From the desk of: Sarah Dacko, PTA

Physical Therapy can be a crucial part in one's ability to rehab and their overall outcomes and successes. In general, I believe physical therapy is most often connected with a past tense position. Whether that be rehabilitation **after** an injury or surgery, typically therapy will be recommended in a post-operative or after-incident scenario. What you may not know is the importance of physical therapy **pre-surgery** and its role in possibly preventing injury and/or injury reoccurrence.

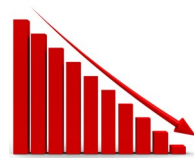


Treatment in the pre-operative condition's primary goal is patient education which includes: discussion of what to expect in a "typical" post operative scenario for the diagnosis, goals and/or time frame, education on usage of assistive devices if needed, a Home Exercise Program (HEP) if appropriate and signs/symptoms for safety precautions.

"Pre-Hab"

An article by Action Sport Physio⁽²⁾ discusses the action of "Pre-hab", which adds muscle and joint strength testing performed by a Physical Therapist on an initial evaluation. From there, realistic goals may be set in place while keeping in mind the patient's primary goal after surgery or prior level of function (PLOF). It is also important to discuss living situations and safety concerns which include: transportation, steps into home or bedroom, bathroom facility and if any assistance will be required from friends and family.

Statistics



In a PT in Motion article, studies have shown 1 - 2 sessions of physical therapy pre-surgery for patients undergoing a total hip or total knee replacement can reduce the post operative care needed by 29%⁽¹⁾. The scenario mentioned above allowed for health care costs savings adding up to \$1,000 per individual⁽¹⁾. Preoperative care has also reduced the need for post acute services, ie: Skilled Nursing Facility and home health care.

While keeping in mind all outcomes can vary from patient to patient (including any complications that could occur from surgery), pre-operative physical therapy is shown to be a positive, cost-effective, and significantly beneficial approach for patients requiring surgery. It is said to relieve pain, increase flexibility, restore range of motion and shorten hospital stay and recovery time.⁽³⁾

1) <http://www.apta.org/PTinMotion/News/2014/10/2/PreOperativePT/>

2) <http://www.actionsportphysio.com/en/health-tips/therapy-related/prehab/>

3) <http://www.bonejoint.net/news-events/blog/physical-therapy-before-surgery/>

Stretches to Help Relieve Sciatica Pain*

Knee to Chest Stretch

1

1. Lie flat on your back on the floor. Place a pillow or cushion under your head for support.
2. With your knees bent, keep your feet planted hip width apart.
3. Bend one knee up towards your chest and hold it with both hands for 30 seconds.
4. Repeat 3 times alternating legs.



Seated Hip Stretch

2



1. Sit in a chair with your feet on the floor and knees bent at a 90 degree angle.
2. Raise the affected leg up and cross that ankle over the opposite knee.
3. Gently bend forward over the crossed leg, holding 15 to 20 seconds before releasing.

Modified Cobra

3

1. Lie on your stomach, legs extended and together, elbows bent with palms resting on the floor by the chest.
2. Push through the palms and partially straighten the elbows to lift your chest off the floor.
3. To carry out the full cobra, fully straighten the elbows, lifting the chest further off the floor. Hold for 5 seconds at the top and return to the starting position. Repeat up to 10 times.



-- Recipe of the Month: Breakfast Baked Apples --

Ingredients:

- 2 cups old-fashioned rolled oats
- 3 cups water
- 2 Tbsp. maple syrup
- 1 Tbsp. ground cinnamon
- 4 large baking apples, tops sliced and insides hollowed
- 2 Tbsp. dried cranberries
- 2 Tbsp. chopped pecans



Yields:

4

Prep Time:

45 minutes

Total Time:

45 minutes

Directions:

- Preheat oven to 400°. In a medium saucepan over medium-low heat, combine oatmeal and water and stir occasionally until creamy. Stir in maple syrup and ground cinnamon and let cool slightly.
- Transfer apples to a glass baking dish and spoon in oatmeal. Bake until apples are soft and bubbly, about 35 minutes
- Top oatmeal with cranberries and pecans. Serve warm.

With credit to: <https://www.delish.com/cooking/recipe-ideas/recipes/a43872/breakfast-baked-apples-recipe/>

*Brostrom Physical Therapy is not responsible for any injuries that may occur while performing these stretches. Before starting any exercise program, you should consult a certified health professional.

If you want more stretches or have questions regarding Sciatica Pain, please speak with one of our qualified Physical Therapists. We recommend that you consult with your Physician prior to beginning any exercise routine.

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