



**THE PHYSICAL
THERAPY INSTITUTE**
ORTHOPEDICS AND SPORTS MEDICINE

NEWSLETTER

Helping You Move Through Life
Pain-Free!



FEAR OF THE KNIFE? HOW WE CAN HELP YOU AVOID SURGERY

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 The Physical Therapy Institute 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!

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.

Visit Us Online www.physicaltherapyinstitute.com or Call **724-503-6993** Today!

WHAT CONDITIONS WILL 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.

Call today to schedule an appointment

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

Sources: <https://jamanetwork.com/journals/jama/fullarticle/2705186> • <https://pubmed.ncbi.nlm.nih.gov/27385156/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6252248/>



**THE PHYSICAL
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ORTHOPEDICS AND SPORTS MEDICINE

| | |
|---------------------------|--------------|
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| Greensburg Ortho & Sports | 724.395.7523 |
| Irwin | 724.395.7701 |
| White Oak | 412.517.7842 |
| Monroeville | 412.693.6210 |
| Moon Township | 412.725.0193 |
| Mount Lebanon | 412.923.0923 |
| Murrysville | 724.948.1202 |
| Robinson Physical Therapy | 412.866.2764 |
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| Penn Hills | 412.754.7855 |
| Warrendale | 724.948.1672 |
| Burgettstown | 724.560.3840 |
| Monaca | 724.564.6518 |

NO DOCTOR'S PRESCRIPTION NEEDED!

In the state of Pennsylvania you have direct access to physical therapy.

Visit Us Online www.physicaltherapyinstitute.com or Call [724-503-6993](tel:724-503-6993) Today!

FREE IN-PERSON WORKSHOPS

www.physicaltherapyinstitute.com/workshops/

The Physical Therapy Institute hosts FREE workshops that focus on a specific type of pain or condition at select PTI locations. These hour-long workshops are hosted by the physical therapist at the clinic, and focus on getting you back to normal naturally, without the use of medications, injections or surgeries. **To register for the workshops, follow the link above! To learn more about the workshops, please call 724-503-6993 or email jwatkins@pt-institute.com.**

RSVP TODAY!
FREE KNEE, LOW BACK, &
SHOULDER PAIN WORKSHOPS

EXERCISE ESSENTIALS

WRIST EXTENSOR STRETCH

Try this movement to stretch your wrists.

Sit up straight in a chair and raise one arm out straight in front of you with your palm facing the ground. Bring your other hand over top of your palm and lightly press your hand down so you bend at the wrist. Continue pressing until you feel tension in your forearm behind your wrist. Hold as directed by your provider.



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

PATIENT SUCCESS SPOTLIGHT

"I'm a senior and we're often treated as second class. Not here. Made to feel welcome. My concerns addressed thoroughly. Staff is courteous. Lots of individual attention. Physical therapist is engaging and personable and very knowledgeable. Explained my condition relative to exercises well. Called to follow up on how I was doing after sessions... quite an unexpected but appreciated gesture. Felt encouraged to challenge myself but did not feel forced rather supported. Good sense of humor. Enjoyable environment. Very clean. Lots of attention to detail. Even a TV while we work! Would highly recommend this clinic and staff." — Kathy C.

WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

★ **REVIEWS**



www.physicaltherapyinstitute.com

HEALTHY RECIPE

CHOCOLATE NUT BAR



Ingredients

- 2 cups semisweet, bittersweet or milk chocolate chips, melted
- 1 ½ cups assorted nuts, such as hazelnuts, almonds and cashews, plus more for garnish

Directions

Line a rimmed baking sheet with foil. (Take care to avoid wrinkles.) Combine melted chocolate and nuts in a medium bowl. Scrape the mixture onto the foil and spread it into an approximate 12-by-9-inch rectangle. Sprinkle with additional finely chopped nuts, if desired. Refrigerate until set, about 20 minutes. Transfer the bark and foil to a cutting board. Use a sharp knife to cut into 1 1/2-inch pieces.

<https://www.eatingwell.com/recipe/249999/chocolate-nut-bark/>.



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