ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Helping You Move Through Life Pain-Free!



HOW PHYSICAL THERAPY 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 Rocky Mountain 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!

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.rockymtnpt.com or Call Today!

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.

Call today to schedule an appointment

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

Sources: https://meridian.allenpress.com/jat/article/50/6/643/112427/A-Refined-Prediction-Model-for-Core-and-Lower
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Visit Us Online www.rockymtnpt.com or Call Today!

FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 05-23-23

CALL A CLINIC NEAREST TO YOU!

Broomfield	(720) 637-1131
Central Fort Collins	(970) 660-6766
Loveland	(970) 436-4496
Windsor	(970) 579-7689
Greeley	(970) 436-4617
South Fort Collins	(970) 510-8262
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Greeley (Pediatric)	(970) 510-8275
Windsor (Pediatric)	(970) 510-8212

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.rockymtnpt.com

EXERCISE ESSENTIALS

SEATED HAMSTRING STRETCH

Try this movement to increase your flexibility.

Start by sitting up straight in a chair with one knee bent and the other straight. Place both hands on the straight knee and slowly bend forward at your waist like a hinge. Feel the stretch in the back of your leg. Hold for 30 seconds. Repeat on opposite leg.



PT WIRED
www.ptwired.com

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

HEALTHY RECIPE

TERIYAKI EDAMAME SAUTÉ



Ingredients

- 1 tablespoon olive oil
- 1 (8 ounce) bag tricolor coleslaw mix
- 2 cups shelled edamame, thawed if frozen
- ¼ cup reduced-sodium teriyaki sauce

Directions

Heat oil in a large nonstick skillet over medium heat. Add coleslaw mix and cook, stirring, until the cabbage begins to soften, about 2 minutes. Stir in edamame and teriyaki sauce. Cook, stirring, until the edamame are heated through and the sauce thickens, about 1 minute more.

https://www.eatingwell.com/recipe/7914800/3-ingredient-teriyaki-edamame-saute/

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