



NEWSLETTER

SE HABLA ESPAÑOL



FEAR OF THE KNIFE?

INSIDE

PATIENT SUCCESS STORY

3 REASON FOR SPRING CLEANING

EXERCISE ESSENTIALS

SONIA'S CORNER

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HOW PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

FEAR OF THE KNIFE?

HOW PHYSICAL THERAPY CAN HELP YOU AVOID SURGERY

INSIDE:

- 3 Reason For Spring Cleaning
- Patient Success Story
- Sonia's Corner
- Exercise Essentials

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 Optimum Physio Therapies 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.

(Continued on the next page.)

If you are looking for a healthier, stronger, and more active lifestyle, contact Optimum Physio Therapies today!

Get Moving Today with Optimum Physio Therapies!

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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 IN 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 Optimum Physio Therapies, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

(Continued from the previous page.)

CONDITIONS THAT 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

TOP 6 MOVEMENT BREAKS TO WORK PAIN FREE

Join Dr. Mark DeAnda as he goes over his top 6 movements that will help you work pain free if you are at a desk all day.



Scan this QR Code to watch this video on YouTube.



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PATIENT SUCCESS STORY!



"Walked in with knee pain at all times. Unable to run or jump. 8 weeks later I'm able to jog/jump and I avoided surgery! Pleased with the results. Very friendly and welcoming environment. Highly recommend coming here, and if I end up being injured again, I'm definitely going back." — Frank C.



3 REASON FOR SPRING CLEANING

Allergy Symptom Reduction. A thorough cleaning can greatly reduce the amount of dust in your home, which is helpful considering about 20 million Americans are allergic to dust mites according to the Asthma and Allergy Foundation of America.

Cleanliness Produces Happiness. Maybe you don't enjoy the process of cleaning, but the end result will leave you smiling. A 2010 study at the University of California, Los Angeles even found that having a clean home can improve your mood and reduce your risk of depression.

Declutter and Do a Good Deed by Donating. An essential part of a successful spring cleaning is getting rid of old items that are no longer used or worn. Apply the rule of thumb that if you haven't made use of something in a year, it's time for it to go. Fill bags and boxes of things, then donate them to a local charity so they can still be beneficial to someone else. Giving to others is an act that is associated with greater self-esteem, lower stress levels, and overall happiness.

Source: Saxbe, DE and Repetti, R. "No place like home: home tours correlate with daily patterns of mood and cortisol." *Personality and Social Psychology Bulletin*. January 2010. Accessed 4 April 2017. <https://www.ncbi.nlm.nih.gov/pubmed/19934011>.



**CALL
(210) 314-6725
TODAY**

EXERCISE ESSENTIALS

SWAN DIVE

Lay on stomach with your arms overhead. Press your chest upwards, keeping the muscles in your trunk and legs relaxed. Repeat 6 times.

This exercise helps strengthen core muscles.



IS IT YOUR BIRTHDAY MONTH?

*If so, don't forget to come in for your **FREE LASER THERAPY SESSION** any time during your birthday month!*



THE OPTIMUM PHYSIO FAMILY IS GROWING!

*Do you know someone who would be a good addition to our staff? **SEND THEM OUR WAY!***

SONIA'S CORNER



Courtesy of Sonia

AVOCADO DEVILED EGGS

INGREDIENTS:

- 6 hard-boiled eggs
- 1 avocado, peeled and pitted
- 1 lime, juiced
- 2 tbsp red onion, finely chopped
- 2 tbsp cilantro, finely chopped
- 1 tsp garlic powder
- Salt and pepper, to taste

A new twist on an old favorite!

INSTRUCTIONS: Cut the hard boiled eggs in half and scoop out the yellow egg yolk to a mixing bowl. Place the hard boiled egg white halves on a serving platter. To the mixing bowl of egg yolks, add the avocado, lime juice, red onion, cilantro, garlic powder, salt and pepper. Use a fork and mash all of the ingredients together until nice and creamy. Scoop the mixture with a spoon and dollop it back into the egg white halves. Alternatively, you could use a piping bag to pipe the avocado egg mixture into the egg white halves. Garnish with extra red onion and cilantro, then serve and enjoy!

Source: <https://downshittology.com/recipes/avocado-deviled-eggs/>

