



REQUEST AN APPOINTMENT



# MAXIMIZING YOUR SURGERY SUCCESS

## ARE YOU HAVING **HIP, KNEE, OR SHOULDER SURGERY?** PHYSICAL THERAPY CAN HELP

**BPT**  
NO DOCTOR REFERRAL  
NECESSARY TO SEEK  
PHYSICAL THERAPY  
DETAILS INSIDE

Are you planning to undergo arthroscopic or joint replacement surgery? Have you already had this procedure and wonder if you'll ever feel like your usual self again?

Surgery is an important option that can help people eliminate pain and regain function, however, it does not come without risks. Physical therapy is as effective as some surgical outcomes without the side effects, and at Breckenridge Physical Therapy, our therapists are experts at resolving orthopedic problems!

Surgery to replace or rebuild a joint imposes extreme limits on the body, but simply resting the joint for months won't resolve the issues and can create new problems. Fortunately, you can promote the healing process with physical therapy and ensure that your new-and-improved joint works as it should.

Your first step along that path should take the form of a customized physical therapy program at Breckenridge Physical Therapy. Call today to schedule an appointment with one of our experts!

### Recuperating From Injuries And Surgery

The body's joints can move in some impressive directions and even (in the case of the hips and knees) hold your body weight steady as you stand and move. Unfortunately, their complexity also opens the door for many potential forms of injury and damage. Joint damage can take the form of torn cartilage, ruptured ligaments, and degenerative changes.

Chronic joint damage may develop over many years, resulting in worn cartilage, inflamed and/or deformed joint components, and even painful bone-on-bone friction within the joint. Significant joint degeneration and arthritis can make everyday activities impossible.

Regardless of the nature of your injuries (i.e., acute or chronic), if your damaged joint doesn't respond to medication, exercise, and lifestyle changes, you may need to resort to surgery. Two primary types of orthopedic (joint) surgery include:

**Arthroscopic surgery:** Many injuries force the need for arthroscopic surgery. Examples include a torn rotator cuff in the shoulder, torn cartilage, and/or ruptured ligaments in the knee. In some procedures, the damaged tissues are reconnected to their anchor points and grafted into place to substitute the original tissues.

**Total joint replacements:** Total joint replacements may be necessary when the original joint has received so much damage or wear and tear that you can do nothing more than treat it. This need often applies to weight-bearing joints that have been subjected to longstanding or abnormal stress. Common examples include total knee replacements and total hip replacements.



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## 8 Physical Therapy Techniques To Get You Moving Again

As tempting as it might be to rest and lay low following your surgery, you need to start working on your rehabilitation as soon as you can to avoid complications or health issues. Physical therapy offers a safe, professionally supervised plan for doing just that.

Research shows that patients who undergo physical therapy are better at balancing, getting out of chairs, climbing stairs, and walking than patients who received standard post-operative care. Your personalized physical therapy plan may consist of:

- 1. Training on assistive devices:** Your physical therapy regimen can include using assistive devices like canes, crutches, and walkers safely and efficiently.
- 2. Manual therapy:** Massage therapy boosts blood flow, reduces scar tissue formation, and drains swelling following surgery. Joint Mobilizations are used to facilitate improving joint range of motion.
- 3. Modalities including ultrasound, laser, e-stim, and Infrared therapy:** Therapeutic modalities boost blood flow and reduce post-operative pain/stiffness.
- 4. Heat and cold treatments:** Applications of heat or cold can help control post-operative swelling and relieve pain.
- 5. Compression therapy:** Mechanical pneumatic devices minimize and/or reduce post-operative swelling and assist the healing process.
- 6. Range of motion exercises:** Exercises to restore your range of motion help your new joint function correctly but also help prevent adhesions.
- 7. Strengthening:** Strength training helps rebuild weakened or atrophied muscles.
- 8. Balance and coordination:** Neuromuscular re-education exercises can help you regain joint stability and functional movements.

In addition to scheduling your post-operative physical therapy regimen in advance, you may also want to give serious thought to pre-operative physical rehabilitation or "pre-hab." Patients who pursue physical therapy before and after surgery show better function than those who don't. In addition, physical therapy has been shown to improve overall health and well-being and has few if any side effects.

**Call Breckenridge Physical Therapy to discuss your recent or upcoming operation and schedule your rehabilitation today!**

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### Share This Coupon With A Friend Or Loved One!

BRECKENRIDGE  PHYSICAL THERAPY

## Refer a Friend!

To \_\_\_\_\_

From \_\_\_\_\_

**Do you know anyone that needs our help?**

- ✓ Move without pain
- ✓ Bend and move freely
- ✓ Balance confidently & securely
- ✓ Sit for long periods comfortably
- ✓ Walk for long distances
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com)



**No Doctor Referral Necessary To Seek Physical Therapy**

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

## Exercise Essentials

### ABDOMINAL BRACING WITH MARCHES

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk. Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time. Hold for 20 seconds.



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



Call Breckenridge Physical Therapy at **970.364.6601**, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!



LAST CHANCE TO  
**USE IT**  
 OR  
**LOSE IT**

**970.364.6601**

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Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? **If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses.** This means the cost could be minimal or completely covered by your insurance plan.

**Let us help you get a head start going into 2024, before your deductible renews again! Go online or call today to schedule your appointment!**



**WANT TO STAY ACTIVE THIS WINTER?  
 WANT TO BE IN PEAK CONDITION FOR  
 WINTER SPORTS?**

**COME BACK TO PT!**

**Contact Breckenridge Physical Therapy today  
 and start living pain-free again!**

**970.364.6601**



## Patient Success Stories

*"... Justin has fixed it in two weeks!!"*

"Justin has been my go-to guy for over a decade: knee replacement, ankle replacement, now cervicogenic dizziness. I've had several MRIs, CT Scans, and Xrays in the last few months with no diagnosis, but Justin has fixed it in two weeks!! My wife (2 knee replacements, 2 rotator cuff repairs) is all good too. Many, many long time locals trust him with their recovery. Justin is the best!" —Dan A.

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### CHOCOLATE HAZELNUT BISCOTTI



*A perfect treat with your coffee  
 on those cold holiday mornings.*

#### INGREDIENTS

- 1 1/3 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 1/2 cup butter, softened
- 1/2 cup chocolate hazelnut spread (recommended: Nutella)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1 egg
- 1 teaspoon vanilla extract
- 3/4 cup chopped toasted hazelnuts

#### DIRECTIONS

Preheat the oven to 375 degrees F. In a medium bowl combine the flour, baking powder, baking soda, and salt. Set aside. In another medium bowl combine the butter, chocolate hazelnut spread, sugar, and brown sugar. Using an electric mixer, cream the ingredients together, about 4 minutes. Add the egg and vanilla and beat until smooth, about 1 minute. Using a wooden spoon or rubber spatula, stir in the flour mixture until just combined. Add the hazelnuts and stir until just combined. Using a tablespoon measure, spoon out the cookie dough onto a cookie sheet, spacing the mounds about 4 inches apart. Use the tines of a fork to flatten the cookie dough. Bake until lightly golden around the edges, about 10 to 12 minutes. Use a metal spatula to transfer the cookies to a wire rack and let cool.