

NEWSLETTER

MARCH 2023



Kinect

PHYSIOTHERAPY



Are You Having Hip, Knee, Or Shoulder Surgery? PT Can Help

INSIDE:

**RECUPERATING
FROM INJURIES
AND SURGERY**

**STAY ACTIVE
IN WINTER**

**PATIENT
SUCCESS**

NEWSLETTER

MARCH 2023



Kinect

PHYSIOTHERAPY



Are You Having Hip, Knee, Or Shoulder Surgery? PT Can Help

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. Physiotherapy is as effective as some surgical outcomes without the side effects, and at Kinect Physiotherapy, 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 create new problems. Fortunately, you can promote the healing process with physiotherapy and ensure that your new-improved joint works as it should.

Your first step along that path should take the form of a customized physiotherapy program at Kinect Physiotherapy. 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:

Continued inside.

INSIDE:

- Recuperating From Injuries And Surgery
- Stay Active In Winter
- Patient Success

SEASONAL RECIPE

Chicken Pozole



INGREDIENTS

- 4 c. low-sodium chicken broth
- 3 boneless skinless chicken breasts
- 2 poblano peppers, chopped
- 1 white onion, chopped
- 2 cloves garlic, minced
- 1 tbsp. cumin
- 1 tbsp. oregano
- 2 tsp. chili powder
- 2 tsp. kosher salt
- Freshly ground black pepper
- 2 (15-oz) cans hominy
- Thinly sliced radishes, for garnish
- Sliced green cabbage, for garnish
- Fresh cilantro, for garnish

DIRECTIONS

Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes. Serve soup into bowls and garnish with radish, cabbage and cilantro.

KINECTPTNC.COM

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.

8 PHYSIOTHERAPY 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. Physiotherapy offers a safe, professionally supervised plan for doing just that.

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

- 1. Training on assistive devices:** Your physiotherapy 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 include 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 for helping to 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 physiotherapy regimen in advance, you may also want to give serious thought to pre-operative physical rehabilitation or "pre-hab." Patients who pursue physiotherapy before and after surgery show better function than those who don't. In addition, physiotherapy has been shown to improve overall health and well-being and has few if any side effects.

CALL TODAY TO SCHEDULE AN APPOINTMENT

Call Kinect Physiotherapy to discuss your recent or upcoming operation and schedule your rehabilitation today!

STAY ACTIVE IN WINTER

It's that time of year again. The temperature is dropping, and the days are getting shorter. It's easy to get into a winter slump and feel like all you want to do is hibernate until spring comes around.

But you don't have to be a hermit during these cold months! There are plenty of ways to stay active without braving the cold. If you're at a loss wondering how you can keep your physical fitness up this winter, we're here with some ideas for how you can stay healthy!

1. Get creative with your workouts: If it's too cold outside, try doing some activities in the comfort of your own home. You can do jumping jacks, squats, lunges, pushups, or any other workout that improves your heart rate. You could also try doing yoga or pilates!

2. Join an indoor fitness class: There are plenty of fitness classes available at gyms and community centers that will allow you to stay active without going outdoors.

3. Join an adult sports league: One of the easiest ways to stay in shape during the winter is by joining an adult sports league. You can find many different leagues for adults that are indoors and outdoors and encompass various sports. This is also an excellent way to meet new people!

4. Download a fitness app or watch workout videos on Youtube: These days, you don't need a personal trainer to get active! Especially not when there is a wide variety of free workout tools at your fingertips.

5. Consider joining a gym or local recreation center: Going to the gym is a great way to keep your body healthy and strong. It also helps you stay active and fit during the wintertime when you are less likely to be outside.

If you want to be able to work out in any weather, get advice from professional trainers, and have access to advanced equipment, joining a gym would be perfect for you!



 **Kinect**
PHYSIOTHERAPY

STAFF SPOTLIGHT



R. Matthew Cox,
PTA, DPT

Matt earned his BS in Exercise Science with a focus in sports medicine from the University of Cincinnati in 2011. After that, he completed his Doctorate of Physical Therapy at the University of St. Augustine, Florida in 2014. Matt began

his PT career as a travel therapist going from hospital to hospital treating patients all around the country. He settled in Raleigh and joined the Wake Forest Physical Therapy team in 2017. He is committed to providing patient-focused care and helping people achieve success in their rehabilitation.

Matt is level 2 certified in Tigger Point Dry Needling, and with his training from the University of St. Augustine, he is very well versed in manual joint mobilization to the spine and peripheral joints.

PATIENT SUCCESS

“Matt is an asset to this practice and any patient assigned to him will not be disappointed.”

Clean, pleasant, and comfortable environment. Have received excellent “hands on” physical therapy from Matt. The therapy has been spot on and he teaches as he goes. He is very knowledgeable and I have confidence in his expertise. Matt is an asset to this practice and any patient assigned to him will not be disappointed.

-Florie M.

SAVE THE DATE!

WAKE FOREST Pickleball TOURNAMENT

SPRING INTO SUMMER 2023 PICKLEBALL TOURNAMENT

FRIDAY | SATURDAY | SUNDAY
MAY 12 • 13 • 14

J.B. Flaherty Park Tennis Complex
1226 N. White Street, Wake Forest, NC
Registration begins **MARCH 1, 2023**
pickleballbrackets.com

- Brackets will be skill and age
- More information to come!
- Contact Sandy Brasseale
sandybpickleball@gmail.com

Presenting Sponsor **Kinect** PHYSIOTHERAPY

COME BACK TO PHYSIO

**WHY YOU NEED TO COME
BACK IN FOR A TUNE UP:**

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



Are you in pain? Have you sustained an injury? Give us a call today to schedule an appointment!

WAKE FOREST, NC
(919) 568-5035

KNIGHTDALE, NC
(919) 759-6532

