

NEWSLETTER

MAY 2023



Kinect

PHYSIOTHERAPY



The Benefits of Pre-hab and Post-Op Therapy For Athletes

INSIDE:

WHAT IS PRE-HAB/POST-OP THERAPY?

**4
HYDRATION TIPS**

**PATIENT
SUCCESS**



The Benefits of Pre-hab and Post-Op Therapy For Athletes

Are you an athlete facing an upcoming surgical procedure? Are you looking for ways to maximize your outcome? Just like in sports, practice before your game is the difference between winning and losing. If you are looking for the edge in your recovery, preparing yourself the same way you do for game day is essential.

At Kinect Physiotherapy, we can help you put the work in before and after surgery to put yourself in the position to win!

Most athletes know that rehabilitation is often a part of recovering from an injury and/or surgery. Too often, athletes don't know about how pre-hab can help them maximize their results. If you want to be prepared to go into surgery, schedule a consultation with one of our physical therapists!

Physical therapy at Kinect Physiotherapy has proven time and time again to effectively help prepare a person's body for surgical correction and enhance the recovery process. We can get you ready for surgery and speed up your recovery process after your operation! Contact our office today to learn more about our therapy programs if you're facing a surgical procedure.

WHAT IS PRE-HAB?

Pre-operative therapy, also known as "pre-hab," has been demonstrated to be as valuable

as post-operative physical therapy. Coming to treatment before surgery can help you prepare yourself physically and mentally for the upcoming procedure.

Our physical therapists will perform an injury assessment to identify the areas of concern, like swelling, range of motion deficits, and weaknesses. By implementing therapy before surgery, you can put yourself in the best possible position for a quick recovery.

For example, surgery is often accompanied by swelling, so eliminating swelling before surgery helps your recovery process. Similarly, restoring motion before surgery can help set the stage for a faster return afterward.

Understanding what to expect after surgery is one of the cornerstones of a successful outcome. Our physical therapists are up to date on the most advanced techniques to ensure your results. We will guide you through the stages of healing from immediate post-op back to full competition.

Each stage has a criterion that needs to be met to ensure safety as you progress back to the sport. We can educate you on the rules you will need to follow and timeframes to help clarify expectations.

People often think that surgery fixes the issue, but surgery is often just the start of recovery. Most surgical outcomes depend on

Continued inside.

INSIDE:

- What Is Pre-Hab/Post-Op Therapy?
- Pickleball Tournament
- Patient Success

SEASONAL RECIPE

PROTEIN PB & J SMOOTHIE BOWL



INGREDIENTS

- 1/4 cup almond, oat or milk of your choice
- 2/3 cup frozen blueberries
- 2/3 cup sliced strawberries, frozen
- 1 scoop vanilla protein powder
- 1 tbsp peanut butter
- Optional toppings: 1 tablespoon melted peanut butter for drizzling, blueberries, chia seeds

DIRECTIONS

Place your milk into the blender. Add frozen fruit, protein powder and 1 tablespoon peanut butter. Seal and blend until smooth. Pour out into a bowl. If using, melt the remaining peanut butter in the microwave 30 to 45 seconds and drizzle over the bowl. Add desired toppings. Eat right away with a spoon!

Continued from outside.

the surgery, the rehabilitation, and the patient's compliance and persistence. When all three areas work together, the athlete will experience the best outcomes.

Many athletes go through physical therapy after surgery to help them regain mobility, strength, coordination, fitness, and improve performance. By contrast, pre-hab is a form of training that anticipates such a challenge and sets the stage for a successful outcome!

WHAT IS POST-OP THERAPY?

Although the benefits of pre-op therapy are not widely known, most people assume they will need to be in a physical therapy program after surgery! This is especially true for athletes who need to restore range of motion and regain strength to get back out on the field sooner.

Physical therapy treatment at Kinect Physiotherapy will typically start soon after the surgical procedure. Our therapists will customize your physical therapy program to fit your condition and personal goals.

In the first consultation with your physical therapist, be prepared to discuss the severity of the injury and the details of your surgical procedure. Your physical therapist will assess your wound so it can heal correctly and free of infection.

We will also assess your range of motion, swelling levels, and strength. If you had surgery on your lower extremities, we will evaluate your gait. If you are using crutches, we will make sure they fit you properly and teach you how to use them properly.

Our team is highly skilled with post-surgical rehabilitation and will focus on the following keys to success:

- Alleviate pain
- Eliminate swelling
- Improve range of motion
- Return strength to pre-injury levels and beyond
- Restore balance and coordination
- Enhance agility and other sports-specific skills
- Prepare you for a safe return to full competition

Your physical therapist will also provide you with guidance for exercises you should do at home, which will further help to improve your recovery process. We will identify the benchmarks you need to accomplish at each stage of recovery to make sure you are prepared to handle the new challenges that come as you progress.

By incorporating pre-hab and post-op therapy into your plans for surgery, you will ensure the best possible outcomes. If you are looking for the edge to improve your sports performance and eliminate injuries in the future, be sure to seek physical therapy as soon as possible following your operation!

REQUEST AN APPOINTMENT AT KINECT PHYSIOTHERAPY TODAY!

If you have a surgical procedure on the books, contact Kinect Physiotherapy today to set up an appointment with one of our skilled physical therapists!

Our therapists can support and guide you both before and after surgery to ensure that you have the smoothest return to your normal activities!

4 HYDRATION TIPS

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

1. Always carry a water bottle. If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.

2. When you're feeling frazzled, grab a glass of cold water. Studies show that people instantly feel more alert after drinking H₂O.

3. Sip on a mug of herbal tea every evening. If you make this a habit, you'll add an extra cup of fluid to your body every single day.

4. Eat a diet rich in whole foods. By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.

If you're an elderly adult, it's especially important to pay attention to hydration. Aging impairs the body's natural thirst mechanisms, which makes it easier to become dehydrated. These tips should make hydration a habit in your life. Remember to always keep a water bottle as a physical reminder to drink even if you're not thirsty.



VISIT [KINECTPTNC.COM](https://www.kinctptnc.com) FOR MORE INFO

STAFF SPOTLIGHT



Addy Millsap, PTA

Addy graduated from South University with a Physical Therapy Assistant degree. She has been practicing physical therapy since 2018. Her career began at an Outpatient/Inpatient Hospital System setting for 3 years in Lexington, NC before moving to Raleigh in 2021.

Addy has experience in orthopedics, chronic pain, post-operative rehab, balance and proprioception, manual therapies/taping techniques, and sports injuries.

In her free time Addy enjoys spending time with family/friends/pets, going to the lake, going to the beach, kickboxing, and hiking.



SAVE THE DATE!



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 Braselton
sandybpickleball@gmail.com

Presenting Sponsor  

PATIENT SUCCESS

“Highly, highly recommend!”

Absolutely love this place! My son saw them after a serious injury (broken femur and crushed growth plate). I cannot say enough great things about them. Highly, highly recommend!
~Amy P.

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

