

TIP OF THE MONTH

**Celebrating Physical Therapy!**

Many people deal with an injury for an extended period of time before coming to physical therapy. However, physical therapy can be used for many different ailments and can actually help cut down time spent off work, sports and or other



activities. The earlier you start, the earlier you get better!

Physical Therapy (PT) can be used for both minor and major injuries. Following surgeries or traumas (accidents, dislocations, fractures, sprains), physical rehabilitation can cause a considerable reduction in swelling and allow the body to recover 75-80% faster than it would without therapy. Following surgery, the quicker someone goes for physical therapy, the less likely a patient is to stiffen up or have complications due to loss of range of motion. PT also helps significantly reduce pain and disability. If you know in advance that you need surgery, going to physical therapy beforehand can better prepare your body for recovery and help you reach your rehabilitation goals faster.

Physical therapists also provide sports injury rehabilitation, as well as injury prevention programs for athletes. From weekend warriors experiencing pain to athletes with an ACL tear, physical therapists do not only get athletes back on their feet, but they also get them back into their sport. Many physical therapists also work with athletic trainers to help injured school-aged athletes get back to their sport as safely and quickly as possible.

Physical therapy is not only needed for surgical rehabilitation and sports injuries, but can also be extremely helpful in preventing symptoms from worsening and developing into new injuries. If a patient has been experiencing shoulder pain for 3 months, chances are the body has altered the way it moves the shoulder. This can result in a compensation pattern which causes pain to develop in different parts of the body (usually the neck and back). The incorrect movement patterns ultimately lead to more significant problems that could have been avoided if therapy began sooner.

The quicker we are able to see a patient following an injury, the better they respond to physical therapy. If you are experiencing pain, or have questions about your current therapy program, please call us. Don't wait until your pain has a detrimental impact on your life or your recreational activities. For more information on the more common injuries we treat, visit the [PTandMe Injury Center checklist](#).



**PT&Me Featured Article [Safe positions and movement after knee surgery](#)**

Recovering from surgery does not have to prevent you from moving or taking care of yourself. Listed below are guidelines on how to do some common movements and activities without... [more](#)

**Call today to ask us how we can help you get back to enjoying the activities that are important to you!**



***“Monsters are real, and ghosts are real too. They live inside us, and sometimes, they win.”***

— Stephen King

**TELL A FRIEND**

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

**We will ensure that they will receive great care and have a positive therapy experience with us!**

**A RECIPE FOR YOU**

**Asian Salad**

This recipe comes to us from our friend Theresa in GA. With the holidays coming upon us, we thought it might be nice to offer you a lighter, but tasty alternative.



**Ingredients:**

- 1 napa cabbage head
- 1 green onion bunch
- 2 pkgs. Ramen Noodles
- 1 pkg. sliced almonds
- 2 tbs. sesame seeds
- 1/4 cup butter

**Dressing Ingredients:**

- 1/2 cup sugar
- 1/4 cup red wine vinegar
- 3/4 cup oil
- 2 tsp. soy sauce

**Directions:**

1. Chop the cabbage and green onions and put into a salad bowl.
2. Remove seasoning packets from Ramen Noodles and crush them.
3. Put the crushed Ramen, sliced almonds, sesame seeds and butter into a saucepan and stir frequently until browned.
4. In a small saucepan, mix all of the dressing ingredients and heat until the sugar melts and the ingredients have blended.
5. Cool everything to room temperature, toss it with your cabbage and enjoy!