



**LEAPS & BOUNDS**  
PERFORMANCE REHABILITATION

# NEWSLETTER

PERFORM BETTER. RECOVER FASTER. STAY IN THE GAME

SEPTEMBER 2021



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

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

Are you planning to undergo reconstructive or joint replacement surgery on a hip, knee or shoulder? Have you already had this procedure and wonder if you'll ever feel like your normal self again? Surgery to replace or rebuild a joint imposes some extreme limits of its own on the body, but simply resting the joint for months can present its own problems, from chronic pain to incomplete healing.

Fortunately, you can promote the healing process 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, multi-modal physical therapy program at Leaps & Bounds Performance Rehabilitation.

### RECOVERING FROM SPORTS INJURIES AND TOTAL JOINT REPLACEMENTS

The joints of the body 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 muscles, ruptured ligaments and even dislocations. Chronic joint damage may develop over many years, resulting in worn cartilage,

inflamed or deformed joint components, and painful bone-on-bone friction within the joint. For instance, you may suffer from knee, shoulder, or hip arthritis that makes everyday activities impossible.

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:

- **Reconstructive surgery** – Many sports injuries force the need for reconstructive joint surgery. Examples include a torn rotator cuff in the shoulder and ruptured ligaments in the knee. In some procedures, the damaged tissues are reconnected to their anchor points; in others, other tissues (such as tendons) are grafted into place to serve as substitutes.
- **Total joint replacements** – Total joint replacements may be necessary when the original joint has received so much wear and tear that nothing more can be done to 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.





## PHYSICAL THERAPY TECHNIQUES TO GET YOU MOVING AGAIN

As tempting as it might be to stay in bed following your joint surgery, you need to start working on your rehabilitation as soon as you can. Physical therapy offers a safe, professionally-supervised plan for doing just that. Research shows that patients who undergo physical therapy were better at balancing, getting out of chairs, climbing stairs and walking than patients who just received standard post-operative care. Your personalized physical therapy plan may consist of:

- **Range of motion exercises** – Exercises to restore your range of motion are critically important, not only for helping your new joint enjoy optimal function but also for helping to prevent adhesions.
- **Strength and balance training** – Our physical therapy center can prescribe strength training to help you rebuild damaged or atrophied muscles. Neuromuscular re-education exercises can help you regain weight-bearing joint stability.
- **Massage therapy** – Massage therapy boosts blood flow and drainage in tissues following surgery. It can also keep the tissue loose and limber while reducing scar tissue formation.

- **Acupuncture** – A complementary medical practice that entails stimulating certain points on the body to alleviate pain or to help treat various health conditions.
- **Heat and cold treatments** – Applications of heat or cold can control post-operative swelling, ease inflammation, and relieve pain.
- **Training on assistive devices** – Over the course of your recuperation, you may have to depend on assistive devices such as crutches or canes. Your physical therapy regimen can include training on how to use these devices safely and efficiently.

### PLAN AHEAD – CONTACT LEAPS & BOUNDS PERFORMANCE REHABILITATION

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 "prehab." By learning how to use assistive devices in advance, for example, you may find that you require less post-operative care and education from your physiotherapist. Research has indicated that patients who take



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this extra step before a hip or knee replacement can reduce their need for post-operative acute care by 29 percent, resulting in substantial savings as well as an easier recuperation. In fact, patients who pursue both types of physical therapy show better function than those who don't – even two years after surgery.

Take command of your recovery from hip, knee or shoulder surgery. Contact Leaps & Bounds Performance Rehabilitation to discuss your recent (or upcoming) operation and schedule that much-needed rehabilitation.



## NEW RMT — LAUREN PAILLEY

Thank you for being so patient with us as we looked for a new female massage therapist. Lauren will be starting with us very soon!

If you would like to be added to a "Call List" please click [HERE](#).



*Have you suffered a recent injury? Are you fighting an old injury? Our multidisciplinary team can help get you back to enjoying the activities you love – and help prevent further injuries. To learn more about how you can feel better faster, contact our clinic TODAY!*

**(905) 847-5227!**

## STAFF SPOTLIGHT



### PRABHAV (PRAB) GOGNA *PHYSIOTHERAPY STUDENT*

Hi everyone! My name is Prabhav (Prab) Gogna and I am a second-year Master of Physiotherapy Student currently studying at the University of Toronto. I am very excited to be joining the team at Leaps and Bounds for the next 6 weeks and hope I get the chance to work with some of you as your student therapist during my time here!

I love physiotherapy because I am very passionate about helping individuals achieve their full potential both physically and mentally. Our physical health is so important and impacts every other part of our lives, and through physiotherapy I hope to help people understand their bodies more deeply and become the best version of themselves.

In my spare time, I like to sing and I record/produce my own songs and beats. I also run a health and wellness podcast with two of my classmates from the UofT Physiotherapy program! Finally, I love playing all sports and really enjoy a good competitive game of basketball or soccer!

