



# THE BENEFITS OF PRE- POST OP THERAPY

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November 2021



## THE BENEFITS OF PRE/POST OP THERAPY

Are you an athlete facing an upcoming surgical procedure? If so, you probably have a long list of to-do's and things to prepare before your operation. One important thing to add to that list is scheduling a consultation with a physical therapist -- before and after your surgery!

Physical therapy at Full Potential Physical Therapy has proven time and time again to effectively help with preparing a person's body for surgical correction, as well as enhancing the recovery process.

A physical therapist's touch can make it possible for a person to get their full strength back as quickly as possible following a surgical procedure. We know your sport is important to you, and we want to help you get back on the field or court!

If you're facing a surgical procedure, contact our office today to learn more about our therapy programs, how our services can benefit you before surgery, and speed up your recovery process after your operation!

### What is Pre-Op Therapy?

Pre-operative therapy has been demonstrated to be just as valuable as post-operative physical therapy. To put it simply, pre-op therapy or "prehab" is preventative rehabilitation.

The Arthritis Foundation states "Studies show that knee and hip replacement surgery patients who had participated in water- and land-based strength training, aerobic and flexibility exercises for six weeks before their surgeries reduced their odds of needing inpatient rehabilitation by up to 73 percent. Pre-hab stabilizes your pain levels before surgery and gets you back on your feet faster after surgery."

Many athletes go through physical therapy after surgery to help them regain strength, balance, range of motion and overall wellness following a major health challenge. By contrast, prehab is a form of training that occurs in anticipation of such a challenge!

It generally includes physical therapy exercises aimed at optimizing your functional capabilities. Once you've completed that grueling athletic competition or surgical procedure, your pre-improved body will find it that much easier to respond to any necessary rehabilitation efforts, helping you get back on your feet and back to your daily life in record time.

During preoperative physical therapy, the physical therapist will work with you to improve strength and functionality in the areas immediately surrounding the targeted injury site. This process can help immensely with the recovery process following surgical care.

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# WHAT IS POST-OP THERAPY?

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Pre-surgical rehab with physical therapy often incorporates:

- Hot and cold therapy
- Massage
- Stretching and mobility training
- Muscle training
- Endurance training

Your Full Potential physical therapist may prescribe numerous exercises and stretches for you to perform at home as well to ensure that your operation can go as smoothly as possible.

If at any time you feel uncomfortable performing an exercise, let your therapist know! They are experts at helping you figure out ways to complete these exercises without pain and will be able to come up with a solution that benefits your situation the most. The ultimate goal is to see you up and on your feet quicker after your surgery!

## 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 regain strength and range of motion to get back out on the field sooner.

Physical therapy treatment at Full Potential Physical Therapy will typically start soon after the surgical procedure, once the wound of the surgical site has healed and your body is ready to begin healing the actual torn tissue or damaged joint.

Post-surgical rehabilitation with physical therapy can help to:

- Alleviate pain
- Return strength to pre-injury levels
- Improve range of motion
- Dramatically reduce the recovery period

Following surgery, your physical therapy program will be customized to fit your condition and personal needs. In the first consultation with your physical therapist,

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## Healthy Recipe



## BRAISED CHICKEN WITH KALE AND WHITE BEANS

### INGREDIENTS

- 2 tbsp Olive oil
- 1 tsp Paprika
- 1 tsp Sea salt
- 1/2 tsp Black pepper
- 8 Bone-in, skin-on chicken thighs
- 1 Shallot, minced (about 1/2 cup)
- 1 1/2 cups Chicken broth, separated
- 1 tbsp Dijon mustard
- 2 tbsp Cold butter
- 2 tbsp Lemon juice
- 1 tsp Freshly chopped tarragon, plus more for garnish
- 1/4 cup Capers
- 10 cups Kale, stems removed, roughly chopped
- 1 13.5 oz can white cannellini beans
- 1 cup frozen pineapple chunks

### DIRECTIONS

In a large skillet or braiser with a tight fitting lid heat 1 tablespoon of olive oil over medium/high heat. In a small bowl mix together paprika, salt and pepper. Pat the chicken thighs dry and season them generously with the paprika mixture. Place the thighs, 4 at a time, skin side down into the pan. Allow the skin to brown (about 4-5 minutes) then flip them and continue to cook for 3 more minutes. Remove from pan, set aside. Repeat the process with the remaining thighs. Once the chicken has been removed, add the shallots to the pan and cook over medium heat until just tender.

<https://themodernproper.com/one-pot-braised-chicken-with-kale-and-white-beans>

# Why Leave a Google Review?

When we ask for a review, a big share of the reason is because YOU are an example of what is possible when you mix the right help with a motivated person to yield positive change. There is a lot in this world that is broken, but you are a statement of what is working well and there are many people in our community who need to hear about how that came to be. So, take two minutes to influence someone who needs to hear it is possible to improve and leave a review on Google. Use the QR code for quick access to our business page. It is a pay it forward game we all need to play more in life.



**Thanks A Bunch,  
The Full Potential Staff**



**Full Potential**  
**PHYSICAL THERAPY**

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\_\_\_\_\_  
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\_\_\_\_\_  
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\_\_\_\_\_  
*Date Of Referral*

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## THE 7 RULES TO LIVING

VINCENT HANNEKEN, PT

These rules seem to have a lot to offer on a day to day basis. In the physical therapy world, I would call them functional suggestions. I am always suggesting to patients' better ways to do something to reduce strain and stress; it is the old idea of strain the brain and not the body.

The above seven rules of life have a lot to do with living with less strain and stress as well, hence they are functional. As we think about number one, contending with masks for the past 1.5 years has really affected how we communicate with a smile and as we have had more options on using masks, one of the biggest bright spots is sharing smiles with people. Numbers one and two are actually closely related and they both put one into immediate control of their social interactions. Smiling and being kind beckons one to be attentive to people and their situations. Providing help to a stranger first needs one to recognize help could be helpful and taking action.

Numbers 3 and 4 are also quite related. Giving up sometimes gets pushed to the brink because when we compare ourselves to others and see the enormity of difference in some area of life, it can make one feel defeated before they start. We are all on our own individual journey and keeping our attention on our goals and our plan is key to long term success when dealing with goals that are going to take some time. Our minds naturally gravitate to comparing, so this tendency is something we need to be aware of and do not feed it with our attention. Keep your eye on your target and make that target attainable and then go out there and win it and then you can set the next target and so build confidence you can make your life change.

Avoiding negativity is probably the foundational pillar for all other 6 rules of life. There are many sources of negativity with the media, people, and past memories. "Being kind" is a way to attract the positive in people to your life, so rule 2 can interact with rule 5. It is all too easy to focus on the negative that has occurred on our life, so making peace with the past can be part of neutralizing the negativity that likes to surface in our minds and pull us off course. Having a goal is so key to not letting life push you around and undermine your forward progress.

And last, take care of your body and mind. Perhaps we need to think about the mind before the body. A positive mental attitude can do a great deal to make life easier. Avoiding people who have a negative mental attitude, who actually suck the energy out of you and make you feel tired, as well as negative news are ways to protect yourself. In a way our mind needs to be on a diet of

# 7 RULES OF LIFE

1. **SMILE**  
*IT ALWAYS WORKS OUT IN THE END!*
2. **BE KIND**  
*YOU HAVE THE POWER TO MAKE PEOPLE FEEL GOOD!*
3. **DON'T GIVE UP**  
*IF IT DOESN'T WORK THE FIRST TIME, FIND ANOTHER WAY!*
4. **DON'T COMPARE**  
*EVERYONE'S ON A DIFFERENT JOURNEY!*
5. **AVOID NEGATIVITY**  
*AVOID NEGATIVE THOUGHTS, SITUATIONS & PEOPLE!*
6. **MAKE PEACE WITH YOUR PAST**  
*FOCUS ON BEING PRESENT & CREATING A BETTER FUTURE!*
7. **TAKE CARE OF YOUR BODY & MIND**  
*ONE STRUGGLES TO SURVIVE WITHOUT THE OTHER!*



information and data and the more selective to the positive, the more you do not waste your own personal energy.

Your body is your vehicle, it takes you where you need to go and provides the mechanism for many of life's enjoyments. Non-healthy physical habits over time can create a rough road back to feeling good again, our physical liabilities outnumber our assets. Full Potential is an organization that creates assets; we operate to reverse your physical liabilities and turn them into assets. That is our purpose; getting help to get the momentum shifted back into the "black" can shorten the road back to a healthy lifestyle.

These 7 rules could take one a long way to make this rocky road called life smoother. Read them over and try to see how you can integrate them into your life and in so doing have more positive control over your day to day world. Start with 1 and 2, those are easy and then keep right on going.

The Full Potential Staff.

Come back to physical therapy! Call us at 616-392-2172 to book your appointment today!

# CALL US TODAY!



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be prepared to discuss the severity of the injury and the details of your surgical procedure. Your physical therapist will assess your range of motion and levels of strength at this time as well.

Most commonly, the therapeutic techniques your therapist uses will include a combination of massage therapy, hot and cold therapy, range of motion/mobility training, and guided stretching and muscle training.

Your physical therapist will also provide you with guidance for exercises that you should do at home, which will further help to improve your recovery process.

If you choose to recover after surgery without the aid of a physical therapist, you run the risk of the corrected tissues, tendons, and muscle recovering stiffly, with scar tissue interfering with your range of motion and atrophy limiting the amount of comfort and strength at the surgical site.

This can negatively affect your sports performance and cause injuries in the future, so be sure to seek physical therapy as soon as possible following your operation!

### **Contact Full Potential for an appointment!**

We understand that you may be worried about your recovery period after surgery, and that's why we're here! Our therapists can support and guide you both before and after surgery to ensure that you have the smoothest return to your normal activities!

Physical therapy is a safe, healthy, and effective way to prepare your body for surgery and help you recover after. If you have a surgical procedure on the books, contact our clinic today to set up an appointment with one of our skilled physical therapists!

<https://www.arthritis.org/health-wellness/treatment/joint-surgery/preplanning/pre-hab-for-surgery>

## GUESS WHAT?



We not only walk our talk here at Full Potential, we also run our talk.

We had two staff from Full Potential complete a ½ marathon this past weekend. Dr. Jeremy Decker and Jodi Rupp, PTA along with Jeremy's wife, Sarah, completed the 13.1 miles course with no major issues. It was a beautiful day for running and completing this race was a culmination of months dedicated training to prepare.

Their success is a great example of having a goal and working to attain it through training. As you look to the future, try to set slightly challenging goals for yourself as it relates to your body and overall health. It could be a weight loss goal, a walking or running distance goal, or just a goal to exercise regularly.



If you would ever like to know what kind of exercise would be right for you based on an evaluation of your musculoskeletal system, so you are using the right exercises to handle the identified deficits, think about an evaluation with one of our doctors of physical therapy. This could be the first step to a more enjoyable future.