

HEALTH & WELLNESS



NEWSLETTER

THE BENEFITS OF PRE-HAB & POST-OP THERAPY



What Is Post-Op Therapy?

Discover how post-op therapy can help restore range of motion and regain strength.

Covid-19 Announcement for Clinic Safety

Learn how our clinic is putting your safety first during this pandemic

Healthy Recipe

Try this healthy recipe perfect for the spring!

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NEWSLETTER



FIND THE EDGE IN YOUR RECOVERY WITH PHYSICAL THERAPY

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 Marketplace Physical Therapy & Wellness Center, 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 Marketplace Physical Therapy & Wellness Center 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 and 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 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!

(continued inside)

WHAT IS POST-OP THERAPY?

(continued from outside)

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 Marketplace Physical Therapy & Wellness Center 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 to 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 Marketplace Physical Therapy & Wellness Center today! If you have a surgical procedure on the books, contact our Marketplace Physical Therapy & Wellness Center 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!

Sources: <https://link.springer.com/article/10.1007/s00402-018-3026-6>
<https://bmcmusculoskeletdisord.biomedcentral.com/articles/10.1186/s12891-020-03676-6>
<https://researchrepository.murdoch.edu.au/id/eprint/59218/>
<https://www.sciencedirect.com/science/article/pii/S2666061X21002169>

COVID-19 ANNOUNCEMENT FOR CLINIC SAFETY

During the coronavirus pandemic, public health and safety are major concerns for everyone. This is especially true for those in need of physical therapy. While it is critical to adhere to social distance rules and reduce exposure risk, it is equally important to continue receiving regular physical therapy treatment in order to maintain your physical health. While we understand the worry and stress over the spike in cases of COVID-19, we do want to emphasize the importance of taking care of your health and medical conditions during this time. We want to reassure all of our patients that our clinic is following CDC-recommended protocols for sanitization, the use of masks, and social distancing. Our equipment is cleaned and sanitized before and after use, we are only allowing a limited number of patients in the clinic at once. We strongly encourage you to continue coming for your appointments unless you are ill or have been exposed to the virus recently. Our ultimate goal is to help you achieve your goals and be as successful as possible in your therapeutic treatment. The only way we can assist you in meeting this goal is by continuing regular treatment with your physical therapist so that you do not regress or develop worsening pain symptoms.

If you would like to talk with our clinic about our COVID-19 protocols, please feel free to give us a call the clinic nearest to you. We are here to help you and support you in your healing journey and want you to feel as safe and comfortable as possible in our clinic.

HEALTHY RECIPE

SMOKED SALMON & AVOCADO TOASTS

INGREDIENTS

- 1 ripe avocado, pitted
- 2 tsp lemon juice
- 1 tsp minced fresh tarragon
- 24 toasted slices of pumpernickel bread/melba toasts
- 2 oz smoked salmon, cut into 24 pieces
- 1 tsp coarse Maldon sea salt
- Fresh tarragon sprigs, capers, sliced cornichons or olives, poppy or sesame seeds, lemon zest and/or red onion for garnish



INSTRUCTIONS

Mash avocado with lemon juice and tarragon in a bowl. Spread about 1 teaspoon of the mixture on each piece of bread (or toast). Top with salmon and sprinkle with salt. Garnish as desired.

Source: <https://www.eatingwell.com/recipe/260944/smoked-salmon-avocado-toasts/>

WELCOME TO MARKETPLACE DR. HARRIS!



Dr. Deanna Harris, DPT graduated from Biola University in 2018 with her Bachelor's degree in Kinesiology with an emphasis in Pre-Physical Therapy. Dr. Harris then received her Doctorate's degree in Physical Therapy from Azusa Pacific University in 2021. Dr. Deanna has an impressive list of experience including both pediatrics and orthopedics.

Dr. Harris has a deep love for figure skating. She experienced a difficult injury that removed her from the sport. Deanna had a wonderful physical therapist who helped her rehab and ultimately allowed her to participate in the sports and activities that she loves. He inspired her to do the same and pursue her career in physical therapy. Dr. Harris shows a special interest in pediatrics, sports injuries and has a special place in her heart for winter sports athletes. She loves connecting with people and assisting them to live a healthy and pain free life.

Dr. Deanna enjoys CrossFit, roller skating, and trying new recipes. Dr. Deanna was born and raised right here, in California. This upcoming year, Deanna looks forward to traveling and finally getting to try sky diving. When Dr. Harris isn't line dancing or kayaking you can probably find her snuggled up on the couch with her spunky, spooky kitty, Tonks.

Dr. Deanna Harris is currently located at our Riverwalk location. She can be reached by phone at (951)383-6887 or by email at Drharris@marketplacewellnesscenter.com.

Marketplace provides hands-on experience to Beaumont High School students, despite pandemic, through the high school's Career Technical Education Department.



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