



Santa Clarita Valley  
Therapy Services

# HEALTH & WELLNESS NEWSLETTER



## **BEFORE AND AFTER SURGERY: THE IMPORTANCE OF PRE-SURGICAL AND POST-SURGICAL REHAB**

Read more inside on What's the Difference,  
Go to the Pain, Not Through the Pain, and This Month's Healthy Recipe!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

Give us a call today at **(661) 284-1984**

# BEFORE AND AFTER SURGERY:

THE IMPORTANCE OF  
PRE-SURGICAL AND  
POST-SURGICAL REHAB



If you have surgery coming up, it is natural to feel a little nervous. Thinking about the procedure itself, as well as the necessary amount of time you'll spend recovering, can seem a bit intimidating.

At Santa Clarita Physical Therapy, we want to make sure that your surgery is as smooth as possible and that your recovery process is as quick and easy as possible. This is most effectively achieved when combining pre-surgical rehabilitation and post-surgical rehabilitation treatments. For more information on how these services can benefit you, contact Santa Clarita Physical Therapy today.

## What's the difference between pre-surgical rehab and post-surgical rehab?

You may be familiar with rehabilitation after surgery, or post-surgical rehab. It makes sense – your body loses a lot of strength when undergoing a surgical procedure, and rehabilitation treatments are needed in order to help you regain your function.

**Post-surgical rehabilitation** tends to focus on targeted exercises and stretches that are aimed at helping relieve your pain, improve your strength, and redeem your optimum function in the affected area(s) of your body. It may also incorporate additional methods or modalities as needed, such as manual therapy, ice and heat therapies, ultrasound, electrical stimulation, and more. Essentially, it helps you make a full recovery from your surgery.

**Pre-surgical rehabilitation** is a bit different. It focuses on stretches and exercises prior to surgery in order to prepare your body for the procedure ahead. In fact, according to the *National Institutes of Health*, participating in exercise therapies prior to surgery can exceptionally improve your post-operative outcomes and reduce your recovery time.

It is no secret that surgery takes a toll on the body, so preparing yourself beforehand with strengthening stretches and exercises can greatly benefit your results. It can also help you prepare mentally, by giving you a better peace of mind going into surgery, knowing you did everything to make the procedure as easy on you as possible.

*To put pre-surgical rehabilitation into perspective, there are 6 key benefits to participating in it:*

- It decreases pain.
- It decreases the risk of complications.
- It increases your stamina.
- It improves your surgical outcomes.
- It decreases your recovery time.
- It may possibly even eliminate your need for surgery altogether!

Call us today at **(661) 284-1984** or visit **SCVTherapyServices.com** to schedule your next appointment!

# WHAT'S THE DIFFERENCE BETWEEN PRE-SURGICAL REHAB AND POST-SURGICAL REHAB?

Pre-surgical rehabilitation and post-surgical rehabilitation can be used to make any surgical procedure as easy as possible on your body. While pre-surgical rehabilitation is not always required in a treatment plan, it is always recommended as a way to yield the best results. The best results are always achieved through treatments before and after surgery.

For example, according to an article on shoulder replacement surgery published by the *Hofmann Arthritis Institute*, "Formal physical therapy is not required before surgery, but it is advised to get in the best physical shape possible before surgery to lessen the chance for complication and shorten your recovery time."

The same article also states that "The day after surgery, you will begin working with physical therapy to become comfortable using your new shoulder." This demonstrates how beneficial it is to complete both pre-surgical rehab, and post-surgical rehab, as both are meant to make your recovery process as easy and comfortable as possible.



## Contact Santa Clarita Physical Therapy today!

At Santa Clarita Physical Therapy, we are happy to say that we offer both pre-surgical rehabilitation and post-surgical rehabilitation services. We want to help make your surgery and recovery as safe, easy, quick, and comfortable as possible for you.

If you have surgery coming up and you'd like to discuss setting up a "before and after" treatment plan, schedule a consultation with one of our licensed physical therapists today. We'd be happy to set up an appointment for you and get you started on the path toward pain relief, improved function, and a speedy recovery.



### Let's Get You Better ASAP!

Scan the QR code to visit [SCVTherapyServices.com](https://www.scvtherapyservices.com) to schedule your next appointment now!

## MONTHLY EXERCISE

### ANGEL ON BACK

Start by lying flat on your back with your arms straight down by your sides, your palms down, and your legs together. Slowly slide both arms straight up over your head and simultaneously slide both legs outward. Slide your arms back down and your legs back in. Repeat 3 sets, 10 reps each.



# GO TO THE PAIN, NOT THROUGH THE PAIN

The days of “no pain, no gain” are hopefully in the past. The idea of emphasizing pushing through discomfort to achieve results is not an effective solution for most people dealing with a painful condition, injury, or chronic condition. In fact, recent research suggests that a more holistic approach is effective and, indeed, safer for patients.

Pain is our body's way of letting us know that something is happening in the body. When a nerve ending is triggered, an impulse travels to the brain, alerting us that something is happening. It is a warning sign or an alarm. How this impulse is interpreted varies from person to person and is influenced by a multitude of factors.

Aggressively pushing through pain can worsen the underlying issues and potentially result in long-term damage. The key is getting help from people who work with painful conditions every day, like our therapists at Santa Clarita Physical Therapy!



## How Physical Therapy Can Help You Find Relief

In cases of musculoskeletal disorders and injuries, applying excessive stress on already agitated tissues can prolong the healing process and even cause further injury. In comparison, going to the pain but not through it means cautiously approaching the edge of discomfort without crossing it, which can help your body progress without delaying your recovery.

**Our objective is to work within a “therapeutic window”:** a range of activities that stimulates the body's natural healing mechanisms without triggering negative responses.

At Santa Clarita Physical Therapy, we educate our patients about pain to help them understand their conditions better and actively participate in treatment. Our therapist can help you learn “pacing,” where activities are broken down into manageable parts, helping you to avoid extreme ups and downs of feeling good one day and an increase in pain and inactivity the next.

By respecting the body's pain signals and working within a therapeutic window, our approach aims to achieve long-term functional gains without the risks associated with pushing through pain.

## GOOGLE 5-STAR REVIEW

“The team at Santa Clarita Valley Therapy Services have been amazing with assisting me back into forward movement after surgery. I'm super happy to be doing more and not being afraid to push harder. The people are great and the progress is even better. Thank you so much!”



Scan the QR code to leave us a review!

## FEEL BETTER BY EATING BETTER GREEN BANANA APPLE BLISS SMOOTHIE

- 2 bananas, frozen
- 2 cups water or milk
- 1 teaspoon vanilla extract
- 1 green apple, core removed
- 1 cup plain Greek yogurt
- Honey to taste (optional)
- 2 handfuls spinach

In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.

Adjust sweetness with additional honey, if desired.



Your health is our highest priority. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!