

PHYSICAL THERAPY & SURGERY: A PARTNERSHIP FOR SUCCESS



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PREPARE AND RECOVER WITH PHYSICAL THERAPY

The unique challenges of long, cold winters in the Northeast can cause many people to delay routine healthcare and surgeries. For many, these surgeries are pushed to spring. In the midst of winter, now is the perfect time to chart your healthcare plan that tackles any outstanding aches and pains, especially if your future includes surgery.

While advancements in surgical procedures have improved the lives of millions of people around the world, surgery is still a massive undertaking and can come with significant side effects, financial burdens, and extensive recovery periods. In some cases, physical therapy can be used to avoid surgery altogether. However, when surgery is necessary, working with a physical therapist before surgery can prepare your body for the upcoming procedure and contribute to a speedier recovery! And, when you plan ahead, you can also be certain you'll have the access needed to start rehab after your surgery, so you can stay on-track with your recovery timelines.



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MAIN ARTICLE

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YOUR HEALTH IS AN INVESTMENT

If you're experiencing pain or considering surgery, we encourage you to talk to your medical provider about trying physical therapy first, or as we like to say "PT First." Working with a physical therapist at the first sign of pain can reduce inflammation, pain, and reliance on pain medications while restoring function. Do you have surgery scheduled in the coming months? Early physical therapy may improve your symptoms now so you can delay the procedure to later in the calendar year when it may suit your schedule better. Enlisting the help of a physical therapist before surgery can also optimize your post-surgical outcomes!



YOUR PARTNER IN HEALTH, ALWAYS HERE TO HELP

PREHABILITATION

[Prehabilitation](#) consists of a carefully crafted therapy program that prepares your entire body for surgery. [Working with a physical therapist before surgery](#) can be incredibly beneficial.

In the weeks or months before surgery, prehabilitation helps improve your:

- **FUNCTION**

Physical therapists have a rich understanding of surgical interventions and their impacts on the body. In addition to building strength before surgery, your body will benefit post-surgically too.

- **MOBILITY**

Your time spent in prehab will help maximize range of motion and flexibility. This is especially important as increased mobility will help you return to your normal function following surgery.

- **EDUCATION**

You'll learn exercises and other important information about what to expect following your procedure to enhance your recovery.

- **RELIEF**

As you prepare your body for surgery, mobility and strengthening exercises can reduce your pain to manageable levels.

- **STRENGTH**

Improve overall strength, especially in your core and the other areas not undergoing surgery, help you handle the added workload that comes from utilizing mobility devices such as crutches, walkers, slings, or braces following surgery.

With its significant effects on function, mobility, and strength, prehab has been shown to accelerate post-operative recovery and reduce time spent in the hospital after surgery. That's a win for everyone!

**Where You Receive Care is Your Choice,
Tell Your Medical Provider You Choose Bay State Physical Therapy**

When You Choose Bay State Physical Therapy, You Choose:



CONVENIENCE

Convenient locations close to where you live, work, and play



WARM & WELCOMING

Warm, welcoming clinics and high-quality hands-on care



GREAT PATIENT EXPERIENCES

Industry leading 'world-class' patient satisfaction scores

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REHABILITATION

When many people think of physical therapy, care after injury or surgery comes to mind. Physical therapy is one of the most effective forms of rehabilitation after surgery. Your physical therapist will work directly with your surgeon to understand the findings and outcome of your operation. Using this information, they'll work collaboratively with you to establish a program that sets short- and long-term goals to help you return to optimal function and the activities you love. During rehabilitation, physical therapy can:



- **HELP ENSURE YOUR SAFETY AT HOME**

While the effects of the surgery still linger, daily activities can be difficult and even dangerous. Although activities like walking, showering, or getting dressed may seem easy, they can be quite daunting when faced with post-surgical limitations. Your physical therapist will teach you the safest ways to accomplish your activities.

- **INCREASE MOBILITY AND STRENGTH**

Tightness and swelling following surgery can be normal. But if these aren't addressed, they can lead to a lasting limitations on your range of motion. Following the established rehabilitation protocol provided by your surgeon, your physical therapist will help increase your function through strength exercises, movement activities, and manual techniques.

- **EASE PAIN AND AVOID OPIOIDS**

Physical therapy is a proven method in reducing inflammation and pain. It's also an excellent alternative to opioids prescribed after surgery.

- **PREVENT SECONDARY ISSUES**

The side effects of surgery could include secondary issues. Understanding the nuances of your surgery and the typical healing process, your physical therapist will work closely with your surgeon to keep you on track to full recovery

WHEREVER YOU ARE IN YOUR JOURNEY, PHYSICAL THERAPY CAN HELP!

Many conditions require surgery, but if you're dealing with pain or loss of function, ask your surgeon about physical therapy first. Pain relief through physical therapy is achieved through a variety of treatment techniques. When combined, these techniques:

- Reduce inflammation
- Restore blood flow
- Promote healing through a return to normal function

As a member of your medical team, we can work with you and your physician to help manage your pain and lessen a reliance on pain medications. [Opioids used to treat pain](#) aren't part of a long-term solution to address the problem. In contrast to opioids, physical therapy adopts a very different approach. Instead of merely numbing the pain like opioids do, physical therapy seeks to identify and address the underlying cause of the discomfort. Physical therapists are trained to assess movement patterns, muscle imbalances, postural issues, and other factors that contribute to pain. By targeting these root causes, physical therapy aims to promote healing, restore optimal function, and alleviate pain from its source.

GET MOVING TO STAY MOVING

The ability to move, be active, and maintain independence is crucial to your health and quality of life. For some individuals, pain makes movement challenging. In fact, the number one reason people seek healthcare is due to pain! Wherever you are in your healthcare journey, the Bay State Physical Therapy team will provide hands-on care and patient education to help you overcome pain, prepare you for what's to come, and gain the freedom to live a full and motion-filled life. To learn more, [call your nearest Bay State Physical Therapy location](#) or [click here](#) to request an appointment.

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SEASONAL TIPS

HAVE CHRONIC PAIN? MOVEMENT MATTERS

The National Spine & Pain Center [describes chronic pain](#) as “pain that outlasts what is considered a normal time course for healing.” More specifically, pain is considered “chronic” when symptoms persist beyond three to six months. While “acute” pain is the body’s initial response to an injury with symptoms that decline as the body heals, chronic pain follows a very different pattern. Much like that battery-powered bunny, pain keeps going and going, and can get worse over time if not treated accordingly.

Three of the most commonly reported chronic pain conditions in the United States are:

- [Back pain](#)
- [Headaches](#)
- [Joint pain](#)



HOW PHYSICAL THERAPY CAN HELP WITH CHRONIC PAIN

No one experiences pain the same way. Our physical therapists will work with you to understand the origin of your pain and how it has changed over time. When chronic pain causes a lack of movement, many other physical problems are quick to follow. Inactive muscles weaken and atrophy (become smaller in size) and joints become stiff. These changes make initiating movement even more difficult. When combined with other forms of treatment, physical therapy can help ensure pain isn’t made worse by inactivity. Your physical therapy care plan may include:

- Education to help you understand your condition
- [Manual therapy](#)
- [Postural awareness](#)
- [Body mechanics training](#)
- Strengthening and flexibility exercises

DON'T DELAY YOUR CARE

Working together closely, your physical therapist will design a personalized care plan just for you. This will help you gain the strength, mobility, and confidence needed to reach your optimal health and activity goals. Don’t suffer and don’t delay seeking care that can help – Bay State Physical Therapy is just a click away!

[Call any Bay State Physical Therapy location](#) to schedule an appointment or [click here](#) to submit an appointment request form.



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EXERCISES OF THE MONTH

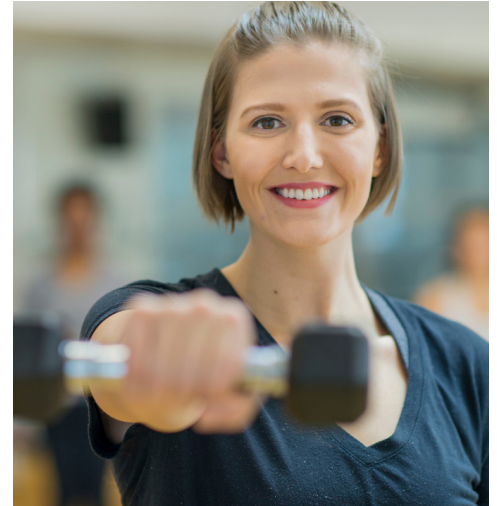
CIRCUIT TRAINING

During these cold winter months, we sometimes need to get creative to keep our bodies fit. Circuit exercises involve completing a few different movements in sets with short periods of rest. These circuits are great because they engage your entire body, they're a quick and efficient workout, and they require little to no equipment. They can also be performed alone or with a group of friends to keep everyone moving!

[Drew Murray, PT, DPT](#) of [Bay State Physical Therapy, Somerset](#) got the entire office involved in demonstrating the circuit training program he designed. Try doing these exercises to the beat of your favorite song, over sets of 15-20 repetitions, or over a time of 20-30 seconds with short rest periods between exercises.



We recommend you do these exercises in a safe and comfortable setting. Check with your physical therapist if you have any questions or concerns when performing these exercises.



SQUATS

THEY'RE GOOD FOR EVERYTHING!

- Start standing with your arms outstretched for balance.
- Keeping your weight on your heels, stick your hips backward and imagine you're sitting in a chair.
- Pause for a second, then stand up straight, squeezing your glutes.
- This can be modified by simply standing up and sitting back to a chair.
- Repeat for 15-20 repetitions, then move to next exercise.



STEP UPS

A GREAT EXERCISE FOR YOUR HIPS & THIGHS!

- Start standing in front of a step with your hand on a railing for support.
- Start by stepping onto the step with one foot, and then marching your other leg up to the height of your hip.
- Return that same leg to the floor and finish with both feet on the floor in front of the step.
- Repeat for 15-20 repetitions, then move to next exercise.

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EXERCISES OF THE MONTH

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**PLANKS****EVERYONE NEEDS A STRONG CORE!**

- Place yourself in a push up position.
- Hold this position while pulling your belly button to your spine and gently squeezing your glute muscles.
- Be sure to keep your ankles, hips, and shoulders in a straight line.
- This can be modified by performing the plank from your knees, or simply leaning into a counter from a standing position.
- Hold for 20-30 seconds, then move to next exercise.

SHOULDER ROTATION**GREAT FOR POSTURAL ENDURANCE!**

- Start by standing against a wall.
- Hold a resistance band with your elbows bent by your sides and palms up toward the ceiling.
- Keeping your elbows at your side, pull the band apart by pulling your shoulder blades together.
- Hold for a second, and then slowly return to the starting position.
- Repeat for 15-20 repetitions, then move to next exercise.

**SHOULDER SCAPTION****GREAT FOR POSTURE AND SHOULDER HEALTH!**

- Stay against the wall, arms by your side with your palms facing your body.
- Lift your arms to shoulder height at a 45-degree angle, using your arms to make a "V."
- Pinch your shoulder blades together and don't shrug your shoulders!
- Hold for a second, then return to the starting position.
- Repeat for 15-20 repetitions, then move to next exercise.

AIR BOXING**YOU DON'T NEED A HEAVY BAG TO BURN OFF SOME STRESS!**

- Using small dumbbells, start with your hands in front of your shoulders.
- Extend one arm forward in a punching motion, while keeping the other hand close to your chest.
- Alternate punches with each arm at a comfortable pace.
- This exercise is great for posture, shoulder strength, endurance, and balance.
- Repeat for 15-20 repetitions, then move to next exercise.

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CONDITION SPOTLIGHT

HOW PHYSICAL THERAPY CAN HELP MANAGE PAIN AND EMPOWER HEALTH

We all aspire to live an active and healthy lifestyle. Yet, health barriers or injuries can sometimes get in the way, leaving us in pain and struggling to move freely. Frequently, the go-to solution for many individuals in pain is to turn to prescription pain medications, such as opioids. However, as the opioid crisis continues to impact communities, it's crucial to explore safer alternatives that don't simply mask symptoms but actually address the root causes of pain.

Physical therapy is a powerful tool to reduce pain, improve movement and health, and help individuals avoid opioid use. There are many reasons to choose physical therapy, especially if you seek to resolve the underlying source of your pain and learn valuable tools to help prevent recurrence in the future.

PHYSICAL THERAPY: AN EFFECTIVE, MEDICATION-FREE SOLUTION

Physical therapy is a proven and trusted approach to pain management that stands apart from medication-based solutions. By identifying and targeting the underlying causes of symptoms and focusing on the body's ability to heal itself, physical therapy empowers individuals to gain control over their pain and promotes healing.

Physical therapy can help reduce pain, improve movement and health, and reduce opioid usage. Here's how:

Pain Reduction

Physical therapy offers various techniques to address pain directly. [Manual therapy](#), including [joint mobilization](#), can help reduce pain and restore proper movement patterns. Therapeutic exercises, tailored to the individual's specific needs, strengthen muscles and increase flexibility, which can alleviate chronic pain over time. Additionally, modalities like trigger point therapy, dry needling, and [electrical stimulation \('E-stim'\)](#) can temporarily relieve pain and inflammation, reducing the need for pain medications.

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What You Need to Know About Chronic Pain



The incidence of chronic pain is higher than that of high blood pressure, depression, and diabetes.



More than half of chronic pain cases involve a musculoskeletal ('MSK') condition.



Nearly 40% of surgeries for MSK pain either lack clinical necessity or fail to yield improved outcomes.



Over half of MSK care spending is attributed to surgical and other invasive procedures.



According to a study in the Journal of Pain, individuals with newly diagnosed chronic MSK pain are given opioids more often than conservative options like Physical Therapy.

Hinge Health released its State of Musculoskeletal (MSK) Care 2024 Report

Ask Your Medical Provider for a Referral to Bay State Physical Therapy

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Improved Movement and Function

Pain often restricts movement and limits daily activities. Physical therapy focuses on restoring optimal movement and function through targeted exercises and interventions. Therapists utilize specialized techniques, such as stretching, strengthening exercises, and balance training, to help individuals regain strength, mobility, and coordination. By addressing movement impairments, physical therapy enables individuals to resume their daily routines and activities, promoting a healthier and more [active lifestyle](#) and further reducing the need for prescription medications to do so.

Education and Empowerment

One of the most significant aspects of physical therapy is patient education. Physical therapists provide valuable knowledge about the body, pain management strategies, and self-care techniques. This highly personalized education empowers individuals to take an active role in their own recovery and make informed decisions about their health. By understanding the mechanisms behind their pain and learning how to manage it effectively, patients can avoid unnecessary reliance on opioids and use their newfound knowledge to promote long-term well-being.

Holistic Approach

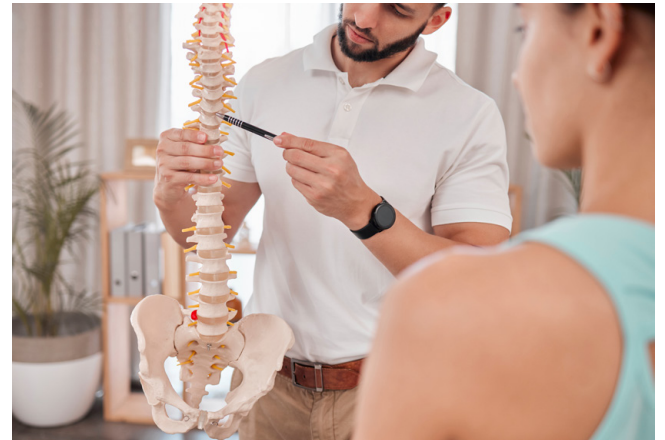
Physical therapy takes a comprehensive approach to healing, focusing on the physical and mental aspects of health and well-being. Physical therapy aims to improve the patient's overall quality of life by addressing the entire person rather than just their symptoms. PTs work closely with patients, considering their unique circumstances and goals, to develop a personalized treatment plan. This comprehensive approach ensures that patients receive the individualized care they need to achieve long-lasting pain relief and [improved health](#).

EMBRACE PHYSICAL THERAPY FOR HEALING AND WELL-BEING

Opioid usage can have devastating effects, leaving individuals unable to break the cycle of pain. However, there is hope. Physical therapy offers a medication-free and holistic approach to pain management. By reducing pain, improving movement and function, and empowering patients through education, physical therapy is a compelling alternative to prescription pain medications.

If you are suffering in pain, it's time to take control of your healthcare. Talk to your medical provider about the benefits of physical therapy to treat your pain. Working together, we can improve your health and well-being and build healthier communities along the way.

To learn more, [call your nearest Bay State Physical Therapy location](#) or [click here](#) to request an appointment.



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KNOW A GREAT PHYSICAL THERAPIST? WE ARE HIRING!

As we grow, we need more great physical therapists to join our team. We offer:

- Early Career Advancement Program with opportunities for promotion in 6 months
- Robust clinical education program
- Structured onboarding and mentorship
- Attractive pay & strong benefits

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Join Our Team!

At Bay State Physical Therapy, we are nationally ranked in the top 1% for patient satisfaction.

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We'd Love to Hear from You!

Have something you'd like to learn more about in an upcoming newsletter?

Do you have a physical therapy topic you'd like to learn more about? Email us at info@baystatept.com to let us know what you would like to see in our future newsletters!