



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070

September, 2008

Giving you information and answers to any physical therapy, health or fitness related questions

Physical Therapy Before Surgery

Generally speaking,, most people agree that it is a good idea to try physical therapy before considering orthopedic surgery. It's more conservative, cost effective, and can be equally effective as a treatment. Sometimes, a musculoskeletal problem can be so severe that surgery is strongly indicated. Some examples are anterior cruciate ligament tears or sever arthritis necessitating a joint replacement. Even in these two cases, it would be extremely beneficial to consult with your physical therapist prior to the surgery.

You will need therapy after the surgery in both cases, so letting your therapist know will make sure that you are seen immediately after your orthopedist clears you to begin therapy. More importantly, meeting with your therapist prior to surgery will allow you to get a better understanding of what the rehabilitation afterwards will entail. Often times expectations and early goals can be set prior to surgery, giving you a head start on the rehabilitation effort.

Sometimes patients don't feel that they truly understand what's going to happen to them both during and after surgery, and your physical therapist can help explain everything to limit your anxiety or fears about the surgery and rehabilitation.

Your results from rehabilitation can be significantly improved and can also be attained quicker in some cases when going to therapy prior to surgery. For instance, with joint replacements, muscle strengthening is very important. If you have therapy prior to surgery in order to get the joint stronger before surgery, you may be able to decrease the recovery time to get full strength back after the surgery.

In some cases, you may not need to visit your therapist, but a simple call can be very helpful. Let us know you are going in for surgery so we can guide you through the whole process, over the phone, and prepare you for what's ahead of you.

Next Step Physical Therapy would like to thank the following people this month for referring someone to us:

Fanny Aleixo, The DeMartino Family, Dr. E. Venegas, and The Worthman Family

L.E. asks: Can I come to see a physical therapist without first seeing my doctor. I'm in pain and I don't want to wait that long???

Great Question. YES YES and YES!!! In the state of New York you are able to see a physical therapist first—without a prescription. This is a relatively new development within the last two years (over forty of the fifty states had this law before we did in New York). Most insurance companies have not yet changed their own rules to match that of the state, so most insurance companies will not pay without a referral (bummer). However, with copays being so high, you may find that paying ten dollars more (for example) and not having to wait to see your physician for 2-3 weeks, while you're in pain, is well worth it. At Next Step physical therapy, we are seeing a lot more patients without referrals. Many times, patients who know of this new law will come in to see us before they have a prescription, paying out of pocket, while they wait to see their doctor. Once they see their doctor and get the prescription, then the insurance pays for the rest. This way they get the fastest relief they can. Why wait when you're in pain??

Updates

Welcome to the Next Step Newsletter!

Win a pair of movie tickets!!

The first 2 people to call us with the answer to this question wins a pair of movie tickets.

T or F: You can not see a physical therapist without first getting a referral from your physician.

- If you have a friend or family member that you think could use our help please let us know or have them call us.
- If you would like more information on any of the topics discussed here please give us a call.
- If you have a question that you would like to have answered (maybe in the next newsletter) please don't hesitate to call.
- What topics are you interested in and would like to see in the newsletter? Let us know.

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