



Next Step Newsletter

Next Step
Physical Therapy
(516) 681- 8070

Sep. 2010

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

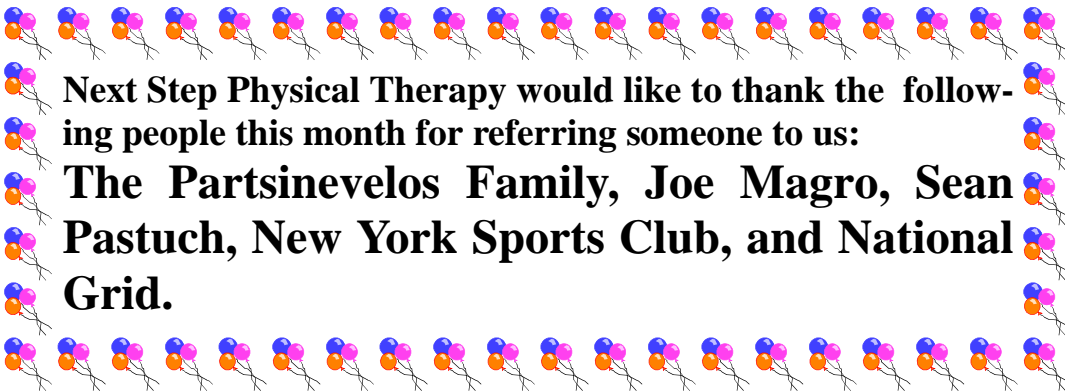
Surgery: To cut or not to cut—that is the question!

For many people, the prospect of surgery is very scary. In my line of work I have established many relationships with excellent orthopedic surgeons; surgeons that I would feel comfortable with them operating on me. That doesn't mean that I wouldn't be a bit fearful of having to go through with it.

When we get seriously injured, sometimes surgery is the absolute best and only treatment. For many injuries, surgery is only used after all other treatment options have been tried. This is where the decision process begins. To cut or not to cut. As a physical therapist, let me give you some advice: Question any surgeon that tells you that you need surgery without trying more conservative treatment first. Ask why? Ask about physical therapy? Most of the physicians that I respect and work with will always try physical therapy first—even if they aren't 100% sure that it will work. Unless delaying surgery will cause a worse result (which the surgeon will tell you) it's always a good idea to try therapy first. If it doesn't work then you can have surgery, but at least you made an effort to prevent having to go under the knife.

Still unsure if you need surgery? Get a second opinion. It's never a bad idea, and most surgeons will have no problem with you seeking out a second opinion. If both surgeons agree it gives you more piece of mind to know that you are making the right decision. If they don't agree, ask the second opinion why he/she wouldn't do what the first surgeon suggested. Still unsure now that you got conflicting reports...get a third opinion! It's your body, it's important to you, and you have every right to feel comfortable with any decision you make.

Feel free to consult with me as well. I can tell you what your chances are that physical therapy can help you. I can also refer you to many orthopedists that I think highly of if you need a second or third (or fifteenth) opinion. We are here to help you in any way we can, and sometimes it's just by offering advice and guidance. Don't hesitate to call or email with any questions.



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

The Partsinevelos Family, Joe Magro, Sean Pastuch, New York Sports Club, and National Grid.

QUESTION of the Month:

S.P. asks... How do I know if my meniscus tear in my knee needs surgery?? Great Question! Generally speaking, all meniscus tears should try physical therapy first. Physical therapy can eliminate the pain and return your knee to it's normal function. That said, if the knee buckles or locks while you are trying to walk that is a sign that surgery may be required. Usually with 2-4 weeks of physical therapy, we can determine if the knee will need surgery or not.

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.

True or false: You should never get more than two opinions when deciding if you need surgery or not????

- 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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