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Surgery-Free Solutions: Effective Relief with Physical Therapy

Health & Wellness Newsletter

Does the thought of undergoing surgery concern you? Have you wondered why medication and surgery seem to be the only option for your pain? Too many people mistakenly think that surgery will fix their pain only to find out that they still have pain or have new issues they need to deal with after surgery.

Research shows that physical therapy is as effective as surgery for some conditions like meniscus tears, spinal stenosis, and rotator cuff injuries. In addition, the costs and risks of surgery are eliminated with therapy.

If you feel you may be on the path to needing surgery, don't hesitate to give our team at the Physical Therapy Center a call. [Find out how our physical therapists can help you avoid the need for surgery!](#)

How Physical Therapy Compares To Surgery

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy.

In addition to the functional outcome results, there are

numerous other benefits to forgoing surgery and sticking with physical therapy.

- **Costs:** Surgeries are far more expensive than physical therapy. Comparisons in prices estimate that surgery costs at least \$2 for every \$1 spent on physical therapy per year.
- **Total time spent:** All surgeries have a healing phase that lasts from 4 weeks to 6 months (or longer). Physical therapy alone takes less time for the same outcome and doing therapy before surgery leads to less total time after surgery.
- **Safe and effective:** Physical therapy isn't invasive; this means it doesn't involve any risks of complications or the need for harmful painkillers. It's a safe and effective way to resolve your issues and a natural remedy for your pain!

Patients will often need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick?

Physical therapists help people manage pain, restore mobility problems, and resume an active lifestyle. It can also prevent many issues from getting worse, minimize new problems, and prevent re-injury.



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What Conditions Respond To Physical Therapy

Our physical therapists can help you maximize your movement, manage pain, avoid surgery, and recover from and prevent injury. *Research has shown that physical therapy is as effective as surgery for the following conditions:*

- **Meniscal tears:** There is no significant difference between surgery and physical therapy for unobstructed meniscus (cartilage) tears in the knee
- **Rotator cuff tears:** Patients who received active physical therapy for rotator cuff tears showed similar rates of physical improvement and overall satisfaction compared to those who received surgery.
- **Spinal stenosis and degenerative disc disease:** Patients report similar improvements in pain, health status, and satisfaction whether they had surgery or received physical therapy treatments.

Before you have surgery, try physical therapy and get back to doing what you love without the risks!

What To Expect With Physical Therapy

Our physical therapists are highly trained professionals who care about helping you achieve the highest levels of success

without surgery and medications with serious side effects.

We do this by providing an extensive evaluation process to diagnose the root of your problem and basing a specialized treatment plan around your goals. We understand that every patient is different, so every plan should be different.

Our team will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and exercises to restore function and prevent future injuries.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more likely you will have the outcomes you are looking for. Also, even if you absolutely must have surgery, incorporating physical therapy into your recovery process will help your results and improve your overall health and well-being!

Our physical therapists will be there with you every step of the way during your journey toward recovery, encouraging you and supporting every achievement you make.

Call Today To Schedule An Appointment

If you have a painful condition, don't resort to surgery – see us for a consultation first. At the Physical Therapy Center, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

Discover the Power of Spinal Manipulation



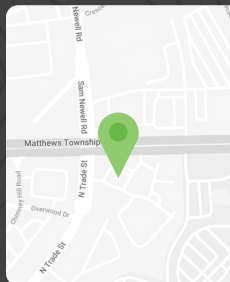
Do you notice your legs getting tired when you stand for more than 5-10 minutes? Are you struggling to walk more than a block or two before your legs start hurting? You may be experiencing spinal stenosis.

Spinal stenosis refers to the narrowing of the canals that are formed by the vertebrae. This narrowing can impinge on the nerves exiting your spine and/or the spinal cord itself. Symptoms often include radiating pain from the back/buttocks down into the thighs and sometimes even to the lower legs.

Fortunately, physical therapy treatments, such as manual therapy, including spinal manipulation, can help provide pain relief.

Spinal manipulation is defined as low amplitude, high-velocity thrust delivered to the spine using a specific contact point to provide mobility to the joint. These manipulations help relieve pressure on joints, reduce inflammation, and improve nerve function. It is a gentle, hands-on form of manual therapy that focuses on enhancing spinal function.

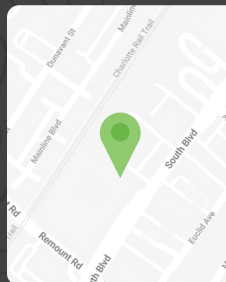
Your therapist will design an exercise program based on the techniques that have been shown in the research to be the most effective at alleviating pain and improving function. **To learn more about how spinal manipulation can help relieve your pain, contact the Physical Therapy Center today!**



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

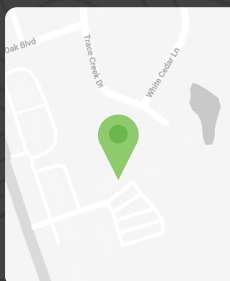
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

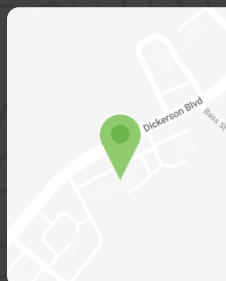
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
(704) 459-4269

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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!