



THE BENEFITS OF PRE-HAB & POST-OP THERAPY FOR ATHLETES

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The Benefits of Pre-hab & Post-Op Therapy For Athletes

Are you an athlete facing an upcoming surgical procedure? Are you looking for ways to maximize your outcome? Just like in sports, practice before your game is the difference between winning and losing. If you are looking for the edge in your recovery, preparing yourself the same way you do for game day is essential.

At Therapy West Physical Therapy & Sports Medicine, we can help you put the work in before and after surgery to put yourself in the position to win!

Most athletes know that rehabilitation is often a part of recovering from an injury and/or surgery. Too often, athletes don't know about how pre-hab can help them maximize their results. If you want to be prepared to go into surgery, schedule a consultation with one of our physical therapists!

Physical therapy at Therapy West Physical Therapy & Sports Medicine has proven time and time again to effectively help prepare a person's body for surgical correction and enhance the recovery process. We can get you ready for surgery and speed up your recovery process after your operation! [Contact our office today to learn more about our therapy programs if you're facing a surgical procedure.](#)



What Is Pre-hab?

Pre-operative therapy, also known as "pre-hab," has been demonstrated to be as valuable as post-operative physical therapy. Coming to treatment before surgery can help you prepare yourself physically and mentally for the upcoming procedure.

Our physical therapists will perform an injury assessment to identify the areas of concern, like swelling, range of motion deficits, and weaknesses. By implementing therapy before surgery, you can put yourself in the best possible position for a quick recovery.

For example, surgery is often accompanied by swelling, so eliminating swelling before surgery helps your recovery process. Similarly, restoring motion before surgery can help set the stage for a faster return afterward.

Understanding what to expect after surgery is one of the cornerstones of a successful outcome. Our physical therapists are up to date on the most advanced techniques and techniques to ensure your results. We will guide you through the stages of healing from immediate post-op back to full competition.

Each stage has a criterion that needs to be met to ensure safety as you progress back to the sport. We can educate you on the rules you will need to follow and timeframes to help clarify expectations.

People often think that surgery fixes the issue, but surgery is often just the start of recovery. Most surgical outcomes depend on the surgery, the rehabilitation, and the patient's compliance and persistence. When all three areas work together, the athlete will experience the best outcomes.

Many athletes go through physical therapy after surgery to help them regain mobility, strength, coordination, fitness, and improve performance. By contrast, pre-hab is a form of training that anticipates such a challenge and sets the stage for a successful outcome!



Book An Appointment Today!

What Is Post-op Therapy?

Although the benefits of pre-op therapy are not widely known, most people assume they will need to be in a physical therapy program after surgery! This is especially true for athletes who need to restore range of motion and regain strength to get back out on the field sooner.

Physical therapy treatment at Therapy West Physical Therapy & Sports Medicine will typically start soon after the surgical procedure. Our therapists will customize your physical therapy program to fit your condition and personal goals.

In the first consultation with your physical therapist, be prepared to discuss the severity of the injury and the details of your surgical procedure. Your physical therapist will assess your wound to heal correctly and free of infection.

We will also assess your range of motion, swelling levels, and strength. If you had surgery on your lower extremities, we will evaluate your gait. If you are using crutches, we will make sure they fit you properly and teach you how to use them properly.

Our team is highly skilled with post-surgical rehabilitation and will focus on the following keys to success:

- Alleviate pain
- Eliminate swelling
- Improve range of motion
- Return strength to pre-injury levels and beyond
- Restore balance and coordination
- Enhance agility and other sports-specific skills
- Prepare you for a safe return to full competition

Your physical therapist will also provide you with guidance for exercises you should do at home, which will further help to improve your recovery process. We will identify the benchmarks you need to accomplish at each stage of recovery to make sure you are prepared to handle the new challenges that come as you progress.

By incorporating pre-hab and post-op therapy into your plans for surgery, you will ensure the best possible outcomes.

If you are looking for the edge to improve your sports performance and eliminate injuries in the future, be sure to seek physical therapy as soon as possible following your operation!

Request An Appointment At Therapy West Physical Therapy & Sports Medicine Today!

If you have a surgical procedure on the books, contact our Therapy West Physical Therapy & Sports Medicine today to set up an appointment with one of our skilled physical therapists!

Our therapists can support and guide you both before and after surgery to ensure that you have the smoothest return to your normal activities!

Sources:

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Stop Putting Off Your Pain. We Can Help!

Schedule your next appointment by scanning the QR code or by visiting www.TherapyWestPT.com today!

Follow Us On Social Media!

We stay active on our social media platforms to provide you important updates, what's happening around our clinic, free workshops, patient success stories, videos, and more! Don't miss out - follow us today!



@therapywestpt

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
435.289.6233

Ephraim
435.289.6410

Mount Pleasant
435.289.6442

Richfield
435.289.6509

Bicknell
435.289.6539



Staff Spotlight | Dallas Overly

With a Bachelor Degree in Exercise Science/Physical Therapy Studies and a Master of Physical Therapy, Dallas Overly graduated from the University of Utah in 2001. Additional therapy experience was gained at the University Hospital and the Orthopedic Specialty Hospital in northern Utah. During his time in Gunnison with his wife, Janelle and four children, Dallas continues to be active in the community. Dallas coaches youth soccer, baseball, football and basketball. In addition, Dallas works with essentially all school athletics including the Gunnison High School Drill Team with their "bumps and bruises."

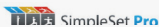
Dallas enjoys the rural setting of Utah where he hones and uses his masterful skills, working with people in the Gunnison outpatient clinic as well as Gunnison Hospital, the Community Living Center in Centerfield and home health in the surrounding area. During his 20 years in physical therapy, Dallas has enjoyed the opportunity to work with people in almost every situation; including, balance issues, age-related conditions, burns, wounds, orthopedic and neurological treatments.

At the end of the day, we are here to provide support to you, every step of your recovery journey. Our success is dependent upon your success, and we strive to create a warm, welcoming environment where you can comfortably heal and feel confident while doing so!



To learn more about our team and how we can help you, simply scan the QR code or by visit us online at www.TherapyWestPT.com

Exercise of the Month Sidelying Trunk Rotation



While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotate your spine. Your arms and head should also be rotating along with the spine as shown. Follow your hand with your eyes. Hold for 20 seconds repeat 3 times on each side.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Custom Orthotic Fittings

Our clinics offer custom orthotic fittings to ensure your feet have proper support and comfort! Call us or visit www.TherapyWestPT.com to learn more!