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PHYSICAL
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NEWSLETTER

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JANUARY 2024

Happy New Year



HOW PT CAN HELP YOU AVOID *Opioids After Surgery*

INSIDE...

The Dangers
of Opioid Use

Seasonal Recipe

How To Approach
A New Year's Resolution



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HOW PT CAN HELP YOU AVOID

OPIOIDS AFTER SURGERY



Do you have a major orthopedic surgery coming up? There's a good chance your surgeon will prescribe you strong pain medication, including opioids, as a way to ease your pain during your recovery process.

It's no secret that opioids are dangerous and habit-forming. Millions of Americans become dependent on the pain management drugs prescribed to them following surgery, and dependency can dramatically increase the likelihood of an overdose.

Fortunately, physical therapy at Recovery Physical Therapy offers a safer and more lasting solution. While you likely already know you'll need physical therapy to help you restore strength and mobility after your procedure, you might not have known that it also plays an essential role in managing pain.

Our team is here to help you recover and rehabilitate after your surgery. Contact us today to schedule an appointment and get back on track to leading a life you love, free of pain.

THE DANGERS OF OPIOID USE

It's important to note that opioids and over-the-counter drugs are very different. For the most part, pain relievers like Advil, Tylenol, and ibuprofen are safe to use in moderation throughout post-surgical rehabilitation. There aren't many significant health risks when people turn to over-the-counter medications to help ease the pain.

Prescription pain medications, in contrast, are much more powerful—but also more dangerous. Opioids are one of the most commonly

used medications for pain management. Their use for acute pain (short durations of pain, such as the first few weeks after surgery) is well-accepted and generally safe, but they become risky when used long-term.

One of the biggest risks is the well-known psychological addiction that can occur from using these medications. More than 2 million people in the United States become addicted to pain medication every year, including opioids. With addiction comes depression, risk of overdose, and withdrawal symptoms if you attempt to quit.

Even scarier? You don't need to have a history of addiction to become dependent on opioids. Many people who become addicted have never had any issues with drug dependency in the past.

Fortunately, physical therapy can help ensure your short-term prescription pain medication usage stays short-term—and we do it in a safe, healthy, and natural way.

Continues inside

Come back to PT!

Call Recovery Physical Therapy today at
(917) 763-7825. You can also visit our
website at www.recoverypt.com.

We are proud to be on your team! Call Recovery PT today at (917) 763-7825 to make an appointment.

PHYSICAL THERAPY'S ROLE IN THE POST-OPERATIVE PAIN RELIEF

Fully rehabilitating after surgery is a lengthy process. For many common orthopedic surgeries, it can take up to a year. Recovering from surgery, however, is significantly shorter. Depending on the procedure and your overall health, it might take two to six weeks.

Still trying to figure out the difference? Rehabilitation involves fully restoring your affected joint's strength, mobility, and endurance. Recovery refers to the process of healing at the surgical site.

Opioids are intended to help with pain during the early part of that healing process. Physical therapy's role is to "take over" pain management duties well before a patient risks becoming dependent on their pain medication.

Unlike opioids, physical therapy aims to provide long-term relief instead of short-term. It goes beyond pain relief and works to improve your body's overall function through several different treatment methods, including the following:

- **Manual therapy:** These hands-on techniques offer acute pain relief while helping to improve the range of motion and reduce scar tissue formation (which can lead to chronic pain and mobility problems).
- **Pain relieving modalities:** These techniques offer additional pain management solutions. Approaches like hot and cold therapy, ultrasound, or electrical stimulation may be right for you.
- **Targeted mobility exercises:** The earlier you can begin moving, the less likely you are to experience long-term pain. We'll show you targeted stretches that focus on improving mobility in your affected joint.

Your pain levels should decrease once you've passed through the initial recovery phase. At that point, our focus switches to improving your function—helping you restore the ability to do what you need and want to do. You'll begin strengthening the muscles around the impacted joint and working on tailored functional exercises, such as balance training.

CALL TODAY TO SET UP AN APPOINTMENT

If you're scheduled for surgery, Recovery Physical Therapy is here for you. Our advanced holistic methods will help you recover safely – without harmful risks. We'll support you during every step of your post-operative recovery and rehabilitation.

Call us today to learn more.



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Seasonal Recipe



The Detoxifier Juice Recipe

INGREDIENTS

- 2-3 med-lg Beets
- 6 Carrots
- 2 medium Apples
- 1/2 Lemon
- 1-2 inch Ginger

DIRECTIONS: Wash, prep, and chop produce. Add produce to juicer one at a time. Serve cold over ice. May store in tightly sealed jars or glasses in the refrigerator for 7-10 days. Shake or stir well before drinking.

HEALTH BENEFITS

- Beets contain nutrients that may help lower your blood pressure, fight inflammation, and support detoxification.
- Carrots are known for being a good source of beta-carotene, fiber, vitamin K, and potassium and have been linked to lower cholesterol levels and improved eye health.
- Apples help to fight inflammation and promote heart health.
- Lemon is a highly effective cleansing agent.

EXERCISE TO HELP WITH PAIN



Extension in Standing

Start by standing up straight with your hands on the small of your back and your fingers pointing toward the floor. Bend back at the waist while keeping your knees straight and using your hands to keep stable.



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HOW TO APPROACH A NEW YEAR'S RESOLUTION

A New Year's resolution is a promise or commitment made by an individual to themselves, and it can be anything from a pledge to stop smoking to a promise to lose weight.

Achieving your goals takes time, patience, and determination. It also requires you to set realistic goals that you know that you can work towards.

Setting a resolution for the New Year is a great way to set yourself up for success. Resolutions give you direction and help you get things done. But how do you set a resolution? What if the resolution is too hard to achieve? What if you don't know what your resolution should be?

It's essential to start with small achievable goals that will lead to bigger ones. When you're crafting your New Year's Resolution this season, keep these 10 tips in mind.

1. Start with a list of what you want from life and the most important things to you.
2. Choose one aspect of your life that you would like to improve from this list. This could be anything from your physical fitness to learning a new skill.
3. Write down your goal every day for a month to keep yourself accountable.
4. Find someone who will hold you accountable if necessary. You might find that working towards a goal with a buddy is also more fun!

5. Break down large goals into smaller ones so that they are more manageable and less intimidating.
6. Your resolution should not be too difficult to achieve.
7. Resolutions should be specific, making it easier to track your progress.
8. Your goals should be realistic and attainable but also challenging enough to push you out of your comfort zone.
9. A resolution should have deadlines, so there is a sense of urgency and accountability.
10. Pick a goal that will bring you joy. If your resolution brings you a sense of accomplishment or happiness, you're more likely to stick with it.

Good luck completing your resolutions this year! Our team at Recovery Physical Therapy is confident in your ability to hit your goals.



We Want To Hear Your Success Story!

DON'T KEEP US A SECRET!

Scan the QR code with your smartphone and leave a review for our practice to help us connect with the community!



SCHEDULE YOUR APPOINTMENT TODAY!



OUR GOAL IS TO HELP YOU REACH YOURS! COME BACK INTO OUR CLINIC FOR TREATMENT AND TAKE A STEP TOWARDS BETTER HEALTH.

