



WHY DO I NEED BOTH PRE & POST SURGICAL REHAB?

**Don't put off surgery! We will help
you get a positive outcome!**

ACCESS PT RIGHT AT YOUR FINGERTIPS!

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INSIDE:

• What Patients Are Saying

- At-Home Exercise
- 6 Key Benefits

Putting Off An Elective Surgery? Get Your Pre-Surgical Therapy Today!



If you have a surgery coming up, it is natural to feel a little nervous. Thinking about the procedure itself, as well as the necessary amount of time you'll spend recovering, can seem a bit intimidating. At Loudoun Physical Therapy, we want to make sure that your surgery is as smooth as possible and that your recover process is as quick and easy as possible. This is most effectively achieved when combining pre-surgical rehabilitation and post-surgical rehabilitation treatments. For more information on how these services can benefit you, contact Loudoun Physical Therapy today.

WHAT'S THE DIFFERENCE BETWEEN PRE-SURGICAL REHAB AND POST-SURGICAL REHAB?

You may be familiar with rehabilitation after surgery, or post-surgical rehab. It makes sense – your body loses a lot of strength when undergoing a surgical procedure, and rehabilitation treatments are needed in order to help you regain your function. Post-

surgical rehabilitation tends to focus on targeted exercises and stretches that are aimed at helping relieve your pain, improve your strength, and redeem your optimum function in the affected area(s) of your body. It may also incorporate additional methods or modalities as needed, such as manual therapy, ice and heat therapies, ultrasound, electrical stimulation, and more. Essentially, it helps you make a full recovery from your surgery.

Pre-surgical rehabilitation is a bit different. It focuses on stretches and exercises prior to surgery in order to prepare your body for the procedure ahead. In fact, according to the National Institutes of Health, participating in exercise therapies prior to surgery can exceptionally improve your post-operative outcomes and reduce your recovery time. It is no secret that surgery takes a toll on the body, so preparing yourself beforehand with strengthening stretches and exercises can greatly benefit your results. It can also help you prepare mentally, by giving you a better peace of mind going into surgery, knowing you did everything to make the procedure as easy on you as possible.

**Call us at Leesburg (703-443-6700)
or Lansdowne (703-858-9880) to
schedule your next PT appointment.**



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**Leesburg:
(703) 443-6700
Lansdowne:
(703) 858-9880**

Pre-surgical rehabilitation and post-surgical rehabilitation can be used to make any surgical procedure as easy as possible on your body. While pre-surgical rehabilitation is not always required in a treatment plan, it is always recommended as a way to yield the best results. The best results are always achieved through treatments before and after surgery.

For example, according to an article on shoulder replacement surgery published by the Hofmann Arthritis Institute, "Formal physical therapy is not required before surgery, but it is advised to get in the best physical shape possible before surgery to lessen the change for complication and shorten your recovery time." The same article also states that "The day after surgery, you will begin working with physical therapy to become comfortable using your new shoulder." This demonstrates how beneficial it is to complete both pre-surgical

rehab, and post-surgical rehab, as both are meant to make your recovery process as easy and comfortable as possible.

CONTACT LOUDOUN PHYSICAL THERAPY TODAY!

At Loudoun Physical Therapy, we are happy to say that we offer both pre-surgical rehabilitation and post-surgical rehabilitation services. We want to help make your surgery and recovery as safe, easy, quick, and comfortable as possible for you. If you have a surgery coming up and you'd like to discuss setting up a "before and after" treatment plan, schedule an initial evaluation with one of our licensed physical therapists today. We'd be happy to set up an appointment for you and get you started on the path toward pain relief, improved function, and a speedy recovery.

**SCHEDULE YOUR APPOINTMENT:
[LOUDOUNPT.COM/NEWSLETTER-REQUEST-APPOINTMENT](https://loudounpt.com/newsletter-request-appointment)**

STAFF SPOTLIGHT



Alastair Karamarkovich, PTA, Alastair is a Licensed Physical Therapist Assistant with a degree from NVCC where she graduated in May of 2021. She began her education in the health field at Bridgewater College where she earned a Bachelors of Science in Health and Exercise Science in 2016. Alastair is also a Certified Personal Trainer through the National Academy of Sports Medicine as of 2019. Alastair finds joy in her career

through the ability to help others get back to the activities they love. She enjoys meeting people from all backgrounds and making connections with her patients.

Outside of the clinic, Alastair loves spending time with her family, friends, and dog named Beamer! Alastair enjoys participating in equestrian sports and has ridden her whole life. You can find her exploring restaurants, breweries, and other fun local activities in the Northern Va area on the weekends.

WHAT PATIENTS ARE SAYING

"With the onset of COVID in 2020, I put off seeing my PCP for a host of physical ailments (knee pain, lower back pain, plantar fasciitis and hip pain). When I finally saw my PCP a couple of months ago, I was referred to a specialist who gave me a list of several physical therapy groups to choose from and lucky for me, Loudoun Physical Therapy was at the top of the list. After reading other reviews and becoming a patient myself it was quite apparent as to why they have been named, "The Best of Loudoun" winner for many years in a row. " H.H.

AT-HOME EXERCISE

IT BAND - STRETCH - SIDELYING

Start by lying on your side with your back near the edge of your bed or table. Your affected leg should be on top. Next let the top leg lower behind you as you maintain an extended knee as shown. You should feel a gentle stretch along the side of your leg. Hold for 30 seconds.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

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SimpleSet Pro



6 KEY BENEFITS

To put pre-surgical therapy into perspective, there are 6 key benefits to participating in it:

1. It decreases pain.
2. It decreases the risk of complications.
3. It increases your stamina.
4. It improves your surgical outcomes.
5. It decreases your recovery time.
6. It may possibly even eliminate your need for surgery altogether!

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LOUDOUNPT.COM

 **Loudoun**
Physical Therapy
Expert care for life-changing results.