

# PT'S SURGERY PREVENTION FOR SPORT INJURIES

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**JUNE 2024**

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. At McCabe and Brady Physical Therapy, our team takes great pride in providing individualized care that combines superior clinical and diagnostic reasoning with targeted intervention to help you recover after an injury and, in many cases, avoid the need for surgery.

Our team can help guide you through the preventive steps needed to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one.

Through our specialized programs, we can help you recover and improve your physical capabilities. We get positive results from our problem-solving approach and by providing the best treatment every visit.

If you're an athlete looking to recover from an injury, prevent surgery, or get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and the need for surgery.

### **TAILORED PLANS AFTER AN INJURY**

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay it, the simple answer is yes!

Although traumatic situations may require the need for orthopedic surgery, most orthopedic-type surgeries are not urgent. Far too often, people mistake their acute symptoms for signs to rest and avoid activities that may cause pain. Others may ignore their aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help.

Unfortunately, rest, avoidance of activity or ignoring the symptoms and pushing through pain may lead to bigger issues.

At McCabe and Brady Physical Therapy, our physical therapists will provide a thorough, personalized evaluation to weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. We'll provide you with the knowledge and self-treatment tools to prevent recurrence and/or effective ways to self-treat should your symptoms return. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

### **WHAT TO EXPECT AT YOUR PHYSICAL THERAPY SESSIONS**

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses or limitations that may affect the athlete's recovery, stability, or strength. Our therapists will listen to you, answer your questions, and explain your condition clearly and provide a path to a successful outcome.

Next, your therapist will create a targeted, individualized plan of care that is laser-focused to promote accelerated recovery and prevent future injury. Our goal is to minimize the risk of needing surgery so you get back to training and competing in the sport you love.

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For example, your physical therapist will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

### CONSIDERING PHYSICAL THERAPY? GET STARTED TODAY!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program tailored to your unique needs. Reach out to our clinic to learn more!



I have been a patient of Frank McCabe's for a few years off and on for various issues as I was a collegiate athlete and still remain very active, so my body has been through a lot. Frank has seen me through torturous back pain that was affecting everything from walking to basic daily activities. Frank's attention to my issues were laser focused and since that first day of therapy and weeks after, I am back to full strength and feel great. Along came a rotator cuff tear followed by surgery. I turned to Frank for my PT. Immediately, Frank tailored my therapy to my lifestyle and pain threshold. It did not take long for my therapy to start showing positive results. Frank kept me reassured and positive in what was a very depressing and low point in my life. Frank was very meticulous in his therapy, offering a well thought out plan that was cautiously acute. I am happy to say that yesterday I was officially discharged from his care and I have full use of my arm with no issues. I will always look to Frank and his well trained staff for any issues in the future. -B.K.



## The Role of Sports Physical Therapy

Athletes often push their bodies to the limit to achieve their goals. This intense effort, or an unfortunate accident, can sometimes lead to injuries. Fortunately, with the right information and approach, many of these injuries can be avoided or effectively managed through physical therapy.

Here, we explore the most common sports injuries and how physical therapy can be a pivotal player in preventing surgeries.

### COMMON SPORTS INJURIES

First, let's discuss some of the most frequently encountered sports injuries. The top sports injuries include:

- **Ankle Sprains:** Ankle sprains are common in sports involving running and jumping when the ligaments surrounding the ankle are stretched or torn.
- **Knee Injuries:** Athletes are prone to knee injuries, which can involve damage to ligaments, cartilage, or other structures within the knee joint.
- **Shoulder Injuries:** These encompass a range of issues, including rotator cuff tears and dislocations, often seen in sports that involve overhead motions like swimming or baseball.
- **Fractures:** These involve breaks in the bones from a single, forceful incident or stress fractures (caused by repetitive stress).

### SEEK THE RIGHT GUIDANCE

Physical therapy plays a significant role in helping athletes avoid surgeries and return to their optimal performance levels. Here's how:

- **Personalized Plans:** Our therapists will identify the origin of your symptoms and design individualized plans focusing on strengthening the muscles and improving mobility to help prevent future injuries.
- **Education and Training:** Our therapists will effectively educate you about your condition and specific treatment plans, including guidance on proper technique, body mechanics, movement patterns, and preventive measures to avoid injuries.
- **Functional Restoration:** Physical therapy focuses on restoring the function of injured areas, enabling athletes to return to their sport with a minimized risk of re-injury or need for surgery. We'll provide you with the knowledge and self-treatment tools to prevent recurrence and how to self-treat should your symptoms return.

By working closely with our skilled physical therapists, athletes can return to their favorite sports and sidestep any potential surgeries!

**Call McCabe and Brady Physical Therapy to schedule a consultation with one of our sports therapists!**



**CALL TODAY!**

**Warminster**  
215.774.6203

**Ivyland**  
215.874.6561

**New Britain**  
267.281.8039

# STAFF SPOTLIGHT



**Richard Winters,**  
CSCS, DPT, OCS, Cert. MDT

Rich received his Doctor of Physical Therapy degree from Neumann University in 2016. His undergraduate degree from Penn State University is a Bachelor of Science in Kinesiology. Rich is a Certified Strength and Conditioning Specialist, a Board-Certified Orthopedic Clinical Specialist, and is certified in the McKenzie Method of Mechanical Diagnosis and Therapy (MDT). Rich has extensive experience evaluating and treating a wide variety of orthopedic and musculoskeletal conditions. Rich has a strong passion for utilizing the McKenzie Method to help patients with lower back, neck, and extremity problems. He has been officially accepted into the MDT Diploma Program, which is the pinnacle of training for the McKenzie Institute International. Rich is scheduled to begin his Diploma training early next year.

## WE WANT TO HEAR YOUR SUCCESS STORY!

Would you take a moment to share your McCabe and Brady Physical Therapy experience on our Google Review page? We make it easy: just click the button below! Your success story could help improve the lives of others in our community by leading them to PT!



- ★ WARMINSTER
- ★ IVYLAND
- ★ NEW BRITAIN

# HEALTHY RECIPE

**June is Men's Health Month!!** The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. Below is a healthy shake for men that is packed with protein, 585 calories, and can replace a meal.

## Chocolate, Peanut Butter, & Banana Shake

- 12 oz water, milk, or yogurt
- 2 scoops chocolate flavored protein powder
- 1 banana
- 1 cup of spinach
- 2 tbsp of natural peanut butter
- 1 tbsp cacao nibs or dark cocoa powder



### Directions:

Blend all ingredients together until smooth.

## COME BACK TO PT!

### HAS YOUR PAIN RETURNED?

*Call today to schedule an appointment!*

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*Or request an appointment online at*  
[mccabebradypt.com](http://mccabebradypt.com)