

# BACK TALK

## Sport & Spine Physical Therapy Of Winona, Inc.

### JOINT REPLACEMENT SURGERY

Have you or has someone you know had joint replacement surgery or is considering joint replacement surgery? If so, you know how pain can affect the way you live. Pain from injured or diseased joints impacts everything you do from sleeping and working, to the activities that you love.

There are several conditions that can cause a joint to degenerate, but the most controllable factor is your body mechanics and movement patterns. Abnormal movements and body mechanics can cause the smooth cartilage lining of a joint to be worn away. Cartilage protects against damage to the bones within a joint. Joint problems can disrupt your normal function by causing pain, restricting joint movement, or weakening muscles. A person's usual pattern of standing, walking, or exercising may invite joint problems. Over time a weakness in key muscles or bad habits can alter the gait and cause damage. It

may take many years of walking or moving with an abnormal gait before joint injury occurs.

Physical therapy is very beneficial as a non-invasive treatment, in preparation for joint replacement surgery, and post-operatively.

For people who would like joint replacement to be a last resort, physical therapy is a critical tool. Physical therapy teaches specific exercises to reduce inflammation, relieve pain, protect the joint from further damage, build strength in the muscles that support the joint and ultimately improve joint function.

Post-operatively physical therapy is of the utmost importance! Exercising the muscles following surgery is extremely important for the success of joint placement surgery and can begin as soon as a day after surgery. Exercises aim to quickly regain motion in the joint, prevent muscle loss, rebuild muscle

strength and prevent stiffness of the new joint. Even more importantly a physical therapist can analyze your gait and help you learn to move more normally. Initially, proper gait may feel odd; you will most likely need practice and continued instruction before it becomes comfortable. After a knee or hip replacement, gait retraining helps patients relearn posture (the tendency is to lean toward your operated leg) and to use both legs evenly.

Treatment of the injured or diseased joint does not end with surgery. After joint replacement surgery the pain may be gone, but surgery doesn't change your movement patterns which is what caused the need for surgery in the first place. Most joint replacements last between ten and 15 years, depending on many factors, including weight, activity levels, stress and wear on the artificial joint, age and more. The ultimate goal is ensuring pain-free function of the joint, for as long as possible.

#### CARE TO SHARE

Thank you Punky Larson! Punky won four Winona State Football tickets, T-shirts and bandanas!

You can be a winner too, just recommend someone to Sport & Spine! The greatest compliment we receive is when you refer someone to us!



#### NEW PHYSICAL THERAPIST!

Please help us welcome Kim McGriff to Sport & Spine and to Winona.

Kim is a graduate of AT Still University in Mesa, Arizona with a Doctorate in Physical Therapy. She is originally from Iowa and coming to Winona via California. Kim will be joining the Sport & Spine team in November, and we are excited about the knowledge and experience she will bring to Sport & Spine Physical Therapy and the community.

To receive weekly tips, challenges & exercises through the holidays send an e-mail with "tips" in the subject to [prmarketing@sportnspine.com](mailto:prmarketing@sportnspine.com)

#### Happy 50th Birthday Lori!

Lori O'Brien, Vice President of Administration, celebrated her 50th birthday this past month. At her birthday party Lori requested that guests bring food to donate, instead of gifts or cards. 307 pounds of food were collected and donated to the local food shelf!



## When to Use Ice and When to Use Heat?

There are two basic types of injuries: acute and chronic. Acute injuries are sudden, sharp, traumatic injuries that occur immediately or within hours. Most often acute injuries result from some sort of impact or trauma such as a fall, sprain, or collision and it is pretty obvious what caused the injury. The common signs and symptoms of an acute injury are pain, tenderness, redness, skin that is warm to the touch, swelling and inflammation.

Chronic injuries, on the other hand, can be subtle and slow to develop. They sometimes come and go, and may cause dull pain or soreness. They are often the result of overuse, but sometimes develop when an acute injury is not properly treated and doesn't heal.

### Cold Therapy

Ice is the best immediate treatment for acute injuries because it reduces swelling and pain. Ice is a vaso-constrictor (it causes the blood vessels to narrow) and it limits bleeding at the injury site. Apply ice to the affected area for 10 to 15 minutes at a time. Allow the skin temperature to return to normal before icing again. Ice can be helpful in treating some overuse injuries or chronic pain. For example, someone who has chronic knee pain that increases after running may want to ice the injured area after each run to reduce or prevent inflammation. It is not helpful to ice a chronic injury before exercise. The best way to ice an injury is with a high quality ice pack that conforms to the body part being iced (available at Sport & Spine). You can also use ice massage by freezing water in a paper cup & massaging the effected area (peel the cup down as the ice melts).

### Heat Therapy

Heat is generally used for chronic injuries or injuries that have no inflammation or swelling. Sore, stiff, nagging muscle or joint pain is ideal for the use of heat therapy. Individuals with chronic pain or injuries may use heat therapy before exercise to increase the elasticity of the joints connective tissues and to stimulate blood flow to the area. Heat can also help relax tight muscles or muscle spasms. Don't apply heat after exercise. After exercise, ice is the better choice on a chronic injury. Because heat increases circulation and raises skin temperature, you should not apply heat to acute injuries or injuries that show signs of inflammation. Safely apply heat to an injury 15 to 20 minutes at a time and use enough layers between your skin and the heating source to prevent burns. Never leave heating pads on for more than 20 minutes at a time or while sleeping.

### Insurance Tip!

If you have already met your deductible for 2009, then NOW is the ideal time to take care of any pain and/or physically limiting problems before a new year (and new deductible) start!

### **FIND US ON ... FACEBOOK!**

• Become a fan of Sport & Spine  
• Physical Therapy on Facebook! We  
• will keep you updated and informed  
• about area events, health-related  
• information and research, staff  
• happenings and more!

### Way to Go Goodview School!

• Sport & Spine had the opportunity to  
• take part in the first annual  
• Goodview School Hawk Walk, by  
• providing a bright orange T-shirt to  
• all students and teachers. The  
• students raised \$10,000, which will  
• be used for programs to enrich their  
• learning experience.

Sport & Spine Physical Therapy of Winona, Inc.  
350 East Sarnia  
Winona, MN 55987  
(507) 474-6900  
www.sportinspine.com