



**connections**  
PHYSICAL THERAPY



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# Avoiding Surgery with Physical Therapy

*Health & Wellness Newsletter*

Does the thought of undergoing surgery concern you? Have you wondered why medication and surgery seem to be the only option for your pain? Too many people mistakenly think that surgery will fix their pain only to find out that they still have pain or have new issues they need to deal with after surgery.

Research shows that physical therapy is as effective as surgery for some conditions like meniscus tears, spinal stenosis, and rotator cuff injuries. In addition, the costs and risks of surgery are eliminated with therapy.

If you feel you may be on the path to needing surgery, don't hesitate to give our team at Connections Physical Therapy a call. Find out how our physical therapists can help you avoid the need for surgery!

## How Physical Therapy Compares To Surgery

It has been proven that physical therapy can be just as effective, if not more so, than surgery. For some specific conditions, patients who received physical therapy alone were seen to have achieved the same results as those who received surgery in tandem with physical therapy.

In addition to the functional outcome results, there are

numerous other benefits to forgoing surgery and sticking with physical therapy.

**Costs:** Surgeries are far more expensive than physical therapy. Comparisons in prices estimate that surgery costs at least \$2 for every \$1 spent on physical therapy per year.

**Total time spent:** All surgeries have a healing phase that lasts from 4 weeks to 6 months (or longer). Physical therapy alone takes less time for the same outcome and doing therapy before surgery leads to less total time after surgery.

Patients will often need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick?

**Safe and effective:** Physical therapy isn't invasive; this means it doesn't involve any risks of complications or the need for harmful painkillers. It's a safe and effective way to resolve your issues and a natural remedy for your pain!

Physical therapists help people manage pain, restore mobility problems, and resume an active lifestyle. It can also prevent many issues from getting worse, minimize new problems, and prevent re-injury.



## New Year, New Insurance Benefits!

**With a new year comes a fresh start to an all new you! Starting at the beginning of 2024, your insurance benefits have renewed.** This means a whole new year to make the most of your benefits. Let Connections Physical Therapy help you on your journey to becoming strong, healthy, and active in 2024.

Stop letting pain get in the way. Give us a call or visit [connectionspt.com](https://connectionspt.com) today!



## Indoor Exercises for the Winter Months

It's wintertime again, and rather than going into hibernation mode, maybe this year you can find some indoor exercises to keep you healthy and fit! Consider the following:

- Yoga
- Pickleball
- Swimming or water aerobics
- Bootcamp or circuit training program

Try classes at your local fitness center, like Zumba or spinning classes, for more group-style indoor exercises. Try a CrossFit gym or a HITT (High Intensity Interval Training) program with Olympic-style lifting exercises if you want a more intense workout.

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### What Conditions Respond To Physical Therapy

Our physical therapists can help you maximize your movement, manage pain, avoid surgery, and recover from and prevent injury. Research has shown that physical therapy is as effective as surgery for the following conditions:

- **Meniscal tears:** There is no significant difference between surgery and physical therapy for unobstructed meniscus (cartilage) tears in the knee
- **Rotator cuff tears:** Patients who received active physical therapy for rotator cuff tears showed similar rates of physical improvement and overall satisfaction compared to those who received surgery.
- **Spinal stenosis and degenerative disc disease:** Patients report similar improvements in pain, health status, and satisfaction whether they had surgery or received physical therapy treatments.



Before you have surgery, try physical therapy and get back to doing what you love without the risks!

### What To Expect with Physical Therapy

Our physical therapists are highly trained professionals who care about helping you achieve the highest levels of success without surgery and medications with serious side effects.

We do this by providing an extensive evaluation process to diagnose the root of your problem and basing a

specialized treatment plan around your goals. We understand that every patient is different, so every plan should be different.

Our team will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and exercises to restore function and prevent future injuries.

The sooner you seek out physical therapy treatments in the early stages of your condition, the more likely you will have the outcomes you are looking for. Also, even if you absolutely must have surgery, incorporating physical therapy into your recovery process will help your results and improve your overall health and well-being!

Our physical therapists will be there with you every step of the way during your journey toward recovery, encouraging you and supporting every achievement you make.

### Call Today To Schedule An Appointment

If you have a painful condition, don't resort to surgery - see us for a consultation first. At Connections Physical Therapy, we strive to ensure that you get the results you are looking for. Let's discuss how we can help you!

[Our Goal Is To Help You Reach Yours](#)  
[Click here to schedule your appointment!](#)



Sources: <https://jamanetwork.com/journals/jama/fullarticle/2705186>, <https://pubmed.ncbi.nlm.nih.gov/27385156/>, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6252248/>

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# Prevent Back Pain and Mobility Restriction *Before* It Starts!

## Three Simple Back Pain Prevention Tips

- **Tip 1:** Exercise. Regular physical activity helps strengthen the muscles that support and stabilize your spine. Find something that suits your interests and ability level, such as daily walks, simple resistance exercises, or dance fitness classes.
- **Tip 2:** Minimize Sitting. Prolonged sitting can have wide-ranging effects, including increased pressure on your spine. If you have a desk job, get up and move around every 30 minutes or so, even if it's just to stand up and stretch.
- **Tip 3:** Ask for Help. When it comes to lifting heavy objects, don't get ambitious! Ask for help when lifting anything heavy or awkwardly shaped, and make sure you're using proper lifting techniques. Not sure what



those are? Our therapists will happily show you how to lift without risking injury.

While these tips can get you started, the Connections Physical Therapy physical therapists can help you develop a customized back pain prevention plan. We'll help you identify any lifestyle factors that might put you at risk of developing back pain and then work with you to address them.

Let's get you better ASAP! Schedule your appointment today!



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**Don't Just Tolerate  
Pain, Relieve It!**

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