

# NEWSLETTER

YOUR SOUTHSIDE SOURCE FOR PHYSICAL THERAPY AND FITNESS



**WE'RE OPEN!**

## NATURALLY AVOID SURGERY WITH THE HELP OF PHYSICAL THERAPY

**ALSO INSIDE**

HOW DO I KNOW PHYSICAL THERAPY WILL WORK FOR ME?  
TIPS FOR DEALING WITH HOLIDAY STRESS

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## NATURALLY AVOID SURGERY WITH THE HELP OF PHYSICAL THERAPY

Does the thought of undergoing surgery make you feel queasy? If so, you're not alone. Many people have a "fear of the knife," so to speak. No one wants to get surgery, but sometimes it is a necessary part of physical treatment. However, it doesn't always have to be. If you feel as if you may be on the path to needing surgery, but you'd like to discuss alternative options, don't hesitate to give our team at Atlanta Human Performance Center a call.

### How Can I Avoid Surgery?

There are numerous benefits to forgoing surgery and sticking with physical therapy – for one, you'll save an incredible amount of money. Surgeries are pricey and physical therapy is far cheaper! Secondly, you'll avoid the extensive recovery time that follows surgery. Many times, patients will need post-surgical rehabilitation (and sometimes pre-surgical rehabilitation) anyway. Why go through both if one can do the trick? Finally, and perhaps most importantly, physical therapy isn't invasive. Physical therapy doesn't involve any risks of complications or

need for harmful painkillers. It's not painful, it's not dangerous, and it's a natural remedy for your pain!

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. These conditions were:

- Meniscal tears
- Rotator cuff tears
- Osteoarthritis
- Spinal stenosis
- Degenerative disc disease

Discover how our team of specialists can get you moving pain-free again! Call (404) 346-1526 or visit [www.ahpccpt.com](http://www.ahpccpt.com).

*ARE YOU LETTING PAIN HOLD YOU BACK? CALL TO SCHEDULE YOUR APPOINTMENT TODAY!*

# HOW DO I KNOW PHYSICAL THERAPY WILL WORK FOR ME?

It is true that surgery is unavoidable in some patients, if the condition is severe enough. However, there are several studies and testimonials that prove physical therapy is successful in the treatment of pain to the point where, in many cases, surgery is unnecessary.

According to a study done by the New England Journal of Medicine (NEJM), physical therapy is just as effective as surgery in patients with meniscal tears and arthritis of the knee. In this study, 351 patients aged 45 or older who fell under the categories of those conditions were randomly split into two groups, being "those who received surgery and post-operative physical therapy treatments," and "those who received physical therapy alone." Those given the sole standard physical therapy treatment plans were also given the option of "crossing over" to surgical treatment if they did not notice any significant improvements to their condition. After six months, 30% of patients opted to receive surgery; however, 70% stayed with their standardized physical therapy regimen, reporting improvement. Within the 6-12 month time frame of the study, those patients who received physical therapy treatment alone showed similar signs of improvement to those that received both surgery and physical therapy.

**A Success Story:** However, the proof toward the power of physical therapy doesn't end there! One inspiring success story came from a 49-year-old man named Roberto. Roberto was suffering from spinal stenosis when he took a harsh fall, fracturing his shoulder. Anti-inflammatory medications weren't an option for him, due to an additional diverticular disease, and during his physical evaluation by a pain management specialist, it was found that he was also suffering from degenerative disc disease.

Due to all his health concerns, Roberto was apprehensive about receiving major surgery, so his pain management specialist referred him to a physical therapist. That was two years ago now! Roberto still attends his physical therapy sessions twice a week, and he has reported radical improvement in his back and shoulder pain:

*"My physical therapist, who really listens and cares, has enabled me to avoid back surgery and stop using anti-inflammatories - instead of using medications. I have my mobility!"*

Sources: <https://www.nejm.org/doi/full/10.1056/NEJMa1301408a>  
<https://www.moveforwardpt.com/benefits/default.aspx>  
<https://www.moveforwardpt.com/WhyTherapy/Detail/physical-therapy-helps-man-avoid-surgery-maintain->



## Who Do You Know That Needs Physical Therapy?

### Do You Have Friends Or Family That Cannot:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

CALL (404) 346-1526 TO SCHEDULE AN APPOINTMENT WITH OUR DOCTORS OF PHYSICAL THERAPY TODAY!



## CHRISTMAS TOFFEE

- 1 sleeve of Ritz Crackers (about 16 crackers)
- 1/2 cup brown sugar
- 1/2 cup butter (1 stick)
- 1 cup chocolate chips
- Peppermint candy

Preheat your oven to 425° and line 8 x 8 baking dish with parchment paper. Cover bottom of pan with crackers. Combine brown sugar and butter in a pan and bring to a boil. Boil for 3 min WITHOUT stirring. Immediately pour mixture over crackers in the pan and spread evenly. Bake for 5 min to thicken and set the caramel. Remove from oven and sprinkle chocolate chips evenly over the top. Place the pan back in oven for about 2 min or until chocolate is soft enough to spread. Immediately spread melted chocolate chips so that you have a nice even layer. Sprinkle with crushed peppermint candy and cool for several hours before serving.

# THE HOLIDAYS DON'T HAVE TO BE PERFECT!

**Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

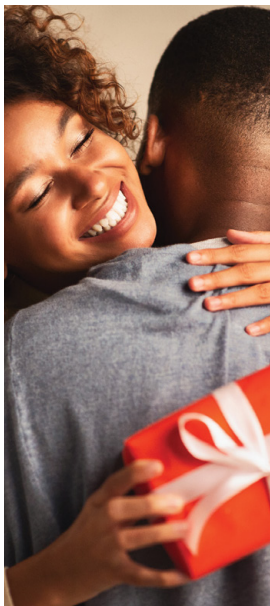
**Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

*Try these alternatives:*  
Donate to a charity in someone's name.  
Give homemade gifts.

**Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.



## OUR SERVICES

- Physical Therapy
- Massage Therapy
- Sports Therapy
- Dry Needling
- Fitness & Wellness Center

## HAS YOUR PAIN COME BACK?

- 1 Feel free to call us and ask to speak to your therapist.
- 2 Your therapist can discuss with you why your pain is bothering you again and what you might do about it at home.
- 3 If further assessment is warranted, your therapist might recommend you come in for an appointment.

## OUR PATIENTS LOVE US!

"The Atlanta Human Performance Center has been an awesome asset in the recovery from my total right knee replacement surgery! This facility came highly recommended by my in home physical therapist after my surgeon gave me a list with over 50 facilities to choose from. They even allow my aunt to work out for free in their fitness center while she waits for me to finish my PT sessions!"

- 5 Star Google Review

Have you been loving Atlanta Human Performance Center? We would love to hear! Visit us on Google to leave us a review!



[www.ahpct.com](http://www.ahpct.com)



## PHYSICAL THERAPY TIPS

With Dr. Keith E. Evans, MD, PT, DPT, DN CERT. CEO/Director of  
Atlanta Human Performance Center

### 8 Tips for Long Haulers (Post Covid-19 Survivors) and/or Inactivity Due to Covid-19 Isolation

1. Wear your mask in public and continue to practice social distancing
2. Stretch for 15 minutes after your warm-up
3. When exercising, START SLOWLY. Ease back into activity
4. Be Active - Improve your endurance. Walk within your home for 15-30 minutes or walk in your yard or neighborhood
5. Improve your strength. Climb the stairs in your home or step up and step down on a stool 13 times. At first, repeat the process 2 times and then increase to 3 times
6. Eat healthily. Maintain a healthy weight. Avoid weight fluctuations and changes in blood pressure and/or blood sugar levels
7. Manage your hypertension and diabetes. Work with your primary care physician to minimize changes
8. Reduce stress