



LSTC Helps Your Patients Prepare for Surgery

For many patients, surgery can be scary. No matter what kind, it's a scary process and preparing for it both mentally and physically can be a daunting task. Preparation is crucial and the clinicians at Loudoun Sports Therapy Center help make your patients' rehabilitation journey easier.

- **Preparation:** When patients come to pre-op physical therapy, we take them through the exercises, stretches and motions they will need to perform as part of their rehabilitation process. By doing this, patients become more familiar with the movements and they won't be as tough following their surgery. Recovery time will also be more efficient. The therapist will show them how to do their exercises correctly so they are targeting the right muscles right away. This ensures they can progress towards better mobility through increased range of motion and decreased pain. During pre-op physical therapy sessions, our clinicians will also teach your patients how to correctly use any assistive device they may need decreasing the risk of post-op injury.
- **Strengthening:** In most cases, the muscles near your patients' pre-op surgical site are already weaker and tighter than normal. Because those muscles will be weaker and uncomfortable following the operation, it's important to start strengthening them before surgery. We will help strengthen and stretch them so their strength and range of motion improves. We ensure they work out in a way that will help their functionality in the long run. By doing pre-op physical therapy, the body gets a head start on the rehabilitation process, ultimately making the recovery a little easier.
- **Education:** Education is a very critical part of the surgical process. As we are sure you know, patients find it's helpful to understand what happens in surgery, where they will feel pain and discomfort afterwards, and how to recognize and avoid compensating for it. Pre-op physical therapy will also give your patients a better sense of how long the recovery time will be. This will reduce their anxiety going into the surgery and help their road to recovery!



At Loudoun Sports Therapy Center, our clinicians are experts at helping you prepare your patients for surgery and post-op recovery.

Call our office today at 703-450-4300 and schedule your patients' pre-op physical therapy appointments.

Top 5 Reasons to send Your Patients to LSTC:

1. NEXT DAY APPOINTMENTS AVAILABLE
2. ALL INSURANCE PLANS ACCEPTED
3. HIGHLY TRAINED PHYSICAL THERAPISTS WHO GIVE THE BEST CARE IN THE AREA
4. PHYSICAL THERAPISTS AND LPTA's WORK ONE-ON-ONE WITH ALL PATIENTS WITH CERTIFIED ATHLETIC TRAINERS AS SUPPORT STAFF
5. INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENTS' NEEDS



"I started going to LSTC due to persistent lower back pain. My back pain woke me up throughout the night and caused discomfort when I changed positions. Since I started going to LSTC, I've been able to sleep without waking up from back pain! Doing chores doesn't hurt, and my range of motion and easy of changing positions are significantly improved! After 14 sessions with the therapists, I am back to normal! Thank you!"

Our expert staff can help your patients with:

ALL orthopedic conditions:

- Neck and back
- Hip and knee
- Ankle and foot
- Shoulder
- Elbow, wrist and hand
- Pre and Post-surgical rehabilitation
- Sports Injuries



"I came to LSTC with a torn labrum/Rotator on my right shoulder. I had no motion and lots of pain. Now, I have plenty of motion and little pain. I have a good list of exercises for on going work. The staff are very knowledgeable, helpful, and are super nice. I will miss the workouts!"

We Make Referring Patients EASY!

Let Loudoun Sports Therapy Center help you get your patients back to pain-free living NOW!
We take the headache out of referring your patients for physical therapy.

We provide fast, concise and easy-to-read reports sent to your office to keep you Informed of your patients' progress. It's our job to get the results you **and** your patients want so they THANK YOU for referring them to us.

Refer your patients to Loudoun Sports Therapy Center and we will help them get back to PAIN-FREE LIVING!

We make it easy. Call 703-450-4300 or simply FAX prescriptions to 703-450-5113.



We help you LIVE LIFE PAIN FREE with Physical Therapy!