

## Physical Therapy as an Alternative to Surgery.

by Noble Smith, PTA at Loudoun Sports Therapy Center



Surgery vs Physical Therapy

For many people, when a person suffers an injury, be it traumatic or have developed over time; surgery seems to be the first and foremost thought to correct things. The fact that many people do not consider is what the impact of recovering from a surgery is vs. going to a more conservative non invasive approach, ie. Physical Therapy.

The human body has an amazing ability to heal and recover more than a lot of people give credence to. The body is very mechanical structurally and if the strength of the supporting structures and muscles is correct, then the side effect of pain will go away.

If a person requires surgery to correct an injury, there is a lot of research that says the stronger you get before having surgery, the easier and better the post operative recovery.

Unfortunately, the quick answer is most often much more convoluted than it seems and too often used when not necessary in a surgical approach.

### THIS WEEK'S Patient Spotlight: **Jonathan!**

"Before therapy I could not walk or stand without incredible pain. Now I can get around without limping and stand all day if I want to. I'm pain free and can finally go on adventures with my wife again."



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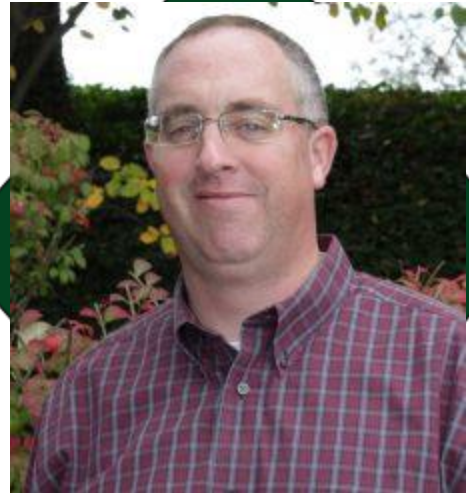
## Words From Our Owner

“At LSTC we each chose our profession because we have a strong purpose in helping others and by having this strong purpose we are able to consistently provide #Loudoun with excellent physical therapy.

Excellence is a word that is often overused, however it is the reason why LSTC exists.

As a father of three children, and a previous athlete myself, I have seen and experienced the lack of excellence that has become the norm in the healthcare field. Loudoun Sports Therapy Center originated from my strong purpose to help others get the care they need and deserve. My mission is to create an environment where someone listens to your needs and works with you to make sure that you reach your goals.”

~ Mike Bills, CEO and Owner



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## Know Someone That Would Benefit for Physical Therapy? Be Sure to Refer Them to Us!

To Refer them, scan the QR Code and fill in yours and their information. We will reach out to get them scheduled for an evaluation! It is our mission to help as many people in our community live a pain free and active life. Thank you for helping us with our mission!

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