Magnolia Physical Therapy

Newsletter

You Can Recover Quickly After Surgery

At Any Age You Can Get Back To The Activites You Love After Surgery



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Freedom From Pain

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Newsletter

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CALL TODAY!

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Recovery After Joint Replacement Surgery

Tens of thousands of patients a year undergo joint replacement surgery. Typically, this is done because of severe pain, limited movement, difficulty with walking and sometimes after an accident or injury. Whether you had a knee, hip or even shoulder replacement, a good successful outcome depends on the physical therapy done after the surgery.

After a joint replacement surgery, focusing on relieving pain and restoring motion are key. Also, the interaction with the right physical therapist and someone who truly listens to you makes the difference in the quality and speed of your recovery. That is why many patients come to Magnolia Physical Therapy for rehabilitation as their premier choice.

We help you decrease pain and swelling after surgery, we then mobilize your operated limb through more advanced motions, walking, and personalized programs, to ensure a long-term recovery. Just know that we work closely with you and your doctor to make your recovery as complete and as quick as possible.

The outcome of your joint replacement surgery is also dependent on you. A committed attitude and willingness to work hard makes all the difference in your overall result. Know that we will be with you every step of the way, to guide you on how to move and strengthen your body. We train you how to get back to doing normal, everyday tasks with ease.

Our therapists have years of training in helping patients, just like you, recover quickly and completely after surgery. Strength, range of motion, walking and functional tasks are all worked on to ensure an optimum recovery.

Following your doctor's protocols, you are in good hands with our compassionate and dedicated staff. Trust us with your post-surgical care to help you obtain the best results and outcomes from your surgery.

It is our goal at Magnolia Physical Therapy to empower you and improve your quality of life. Call us today to learn more about a fast recovery with our joint replacement rehabilitation program!







Don't Let PAIN Sideline You



Preparing your body...

It is important to do sports activities, fitness and a host of other physical activities to keep you healthy and happy. With a little bit of preparation, you can easily do these activities and decrease your risk for injury.

- **Do stretch often**
- **Do strength training**
- **Do coordination training**
- **Do endurance training**

There is nothing more exciting than taking on a new challenge, sport or activity. For most of us, the thrill of accomplishing a physical goal is what we live for. However, are you prepared for it?

Injuries increase as you age...

If you think back to when you were in your late teens, you could go into a full sprint no problem, take a flying leap and do a whole lot without the slightest thought about it. As you get older, your tissues become less elastic and in fact a little "drier". When your muscle, tendon and ligament tissues have enough water, they are supple and stretchy, allowing you to do a lot of activities. Keep yourself hydrated and stretch often to maintain elasticity in your muscles.

Before and after

Knowing the right exercises to prepare for fitness activities is key. Our physical therapy experts have years of experience rehabilitating people after injuries and returning them pain-free to the activities they enjoy. What some people might not know is that physical therapists put specific exercise plans together based on your needs to prevent injury. If you do start to experience pain with activities, Magnolia Physical Therapy can get you back to enjoying your activities pain-free. Call today to learn more how our programs can help you feel great!

Come Back In For A Consultation

Whether you want to come in for a check-up, suffered a recent injury or you want to improve your health, a doctor referral is not needed. In the state of Louisiana you can can seek physical therapy early!

Save time

Save money

Improve your health naturally



See our physical therapists for:

- **Recent injury**
- **Nagging aches and pains**
- **Back and neck pain**
- **Joint pain and movement problems**
- **Walking or balance difficulties**

Have you met your annual insurance deductible?



An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical Therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a $0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by your insurance plan.

Are you feeling aches & pains? Not moving like you used to? Let us help you get a head start for 2018. Contact us today to schedule your appointment.

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Fall Chili Recipe



- 1 1/2 pounds lean ground beef
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin

Instructions

Step 1

Cook first 4 ingredients in a large skillet over medium-high heat, stirring until beef crumbles and is no longer pink; drain. Place mixture in 5-quart slow cooker; stir in beans and remaining ingredients. Cook at HIGH 3 to 4 hours or at LOW 5 to 6 hours.

Step 2

Notes: If you want to thicken this saucy chili, stir in finely crushed saltine crackers until the desired thickness is achieved.

SUDOKU **PUZZLE**

		3	8					1
			3	7	5	4		
	7	9						2
		5	9					
1		6				2		4
					4	3		
3						7	2	
		7	2	4	3			
2					1	6		

http://1sudoku.com n° 310547 - Level Hard

Hard Level II