



TRINITY
PHYSICAL THERAPY

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NEWSLETTER

Helping You Move Through Life Pain-Free

May 2024



Preventing Surgery for Sports-Related Injuries

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our Trinity Physical Therapy physical therapists can help you recover after an injury and avoid the need for surgery in many cases.

Our team can help guide you through the preventive steps you can take to minimize your risk of sports injuries. If you sustain an injury, we'll identify all the factors related to your injury and address them one by one. Through our specialized programs, we can help you

recover and improve your physical capabilities. We'll take a holistic approach that fortifies your overall health and improves the skills necessary to maximize your athletic performance.

If you're an athlete looking to recover after an injury, prevent surgery, and get an edge on the field, court, or weight room, we can help. Our therapist-led programs are designed to help athletes withstand the physical demands of sports more effectively, minimizing the incidence of an injury and need for surgery.

Visit us online trinitypttexas.com or call today 832.224.4735



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Tailored Plans After an Injury

If you are trying to avoid surgery and wonder if physical therapy can prevent or delay surgery, the simple answer is yes!

Most orthopedic-type surgeries are not urgent or emergencies. Although traumatic situations can be emergencies, most times, there is a significant period of time between diagnosis and surgery.

Far too often, people mistake their symptoms for signs to rest or avoid the activities causing them pain. Even more frequent is the number of people who ignore aches and pains, thinking they will go away on their own, only to discover those early warning signs were the body's signals to get help. Unfortunately, rest, avoidance, and trying to ignore or push through pain only lead to a bigger, often more complex, problem.

At Trinity Physical Therapy, our physical therapists will weed through your symptoms and identify the root cause of your particular situation. We will give you the tools to prevent, delay, or prepare yourself for surgery.

We'll guide you through a gradual progression to make sure you are ready to return without any limitations or impairments standing in your way. This cautious approach ensures a safer and more effective recovery process.

Rather than a "one-size-fits-all approach," we believe every patient is unique and deserves a program tailored to their specific situation and goals. You are not merely treated but are guided towards a pathway of enhanced performance and overall well-being!

What to Expect at Your Physical Therapy Sessions

Rehabilitation should start immediately following most injuries to ensure the fastest recovery possible. One of our physical therapists with sports rehab experience will thoroughly evaluate the athlete to determine the injury's severity and identify any other weaknesses

or limitations that may affect the athlete's recovery, stability, or strength.

Next, your therapist will create a targeted, individualized plan of care for you to promote accelerated recovery and future injury prevention. Our goal is to minimize the risk of needing surgery, so you get back to training and competing in the sport you love.



For example, your physical therapist will start with pain management and restoring mobility to the injured area.

Next, we will focus on progressing your strength and dynamic stability exercises to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can run, jump, and cut to change direction, land in the correct position, and avoid future injuries.

Physical therapy at Trinity Physical Therapy will provide the foundation for successful training while reducing future injuries and avoiding surgery!

Considering Physical Therapy? Get Started Today!

Navigating the road to recovery and returning to the sports activities you love can be tricky. Fortunately, our seasoned physical therapists are here to guide you every step of the way. With years of experience working with athletes, we've been instrumental in rehabilitating individuals post-injury, helping them avoid surgery and ensuring a smooth transition back to the sports they love.

Whether you're on the brink of surgery or hoping to prevent it, our therapists will create a program specifically tailored to your unique needs. Reach out to our clinic to learn more!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5223716/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5573846/> • <https://pubmed.ncbi.nlm.nih.gov/27385156/> • <https://www.jwatch.org/na47635/2018/10/18/effectiveness-physical-therapy-vs-arthroscopy-meniscal> • <https://bjsm.bmj.com/content/56/15/870> • <https://jamanetwork.com/journals/jama/fullarticle/2705186>

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FREE Consultation



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What Is Direct Access?

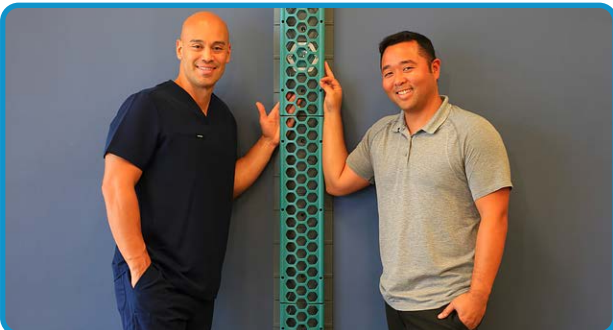
PT is Easier to Get Than You Think!

In Texas, you have direct access to physical therapy! You have the power to choose. Just as you can fill a prescription for medication at a pharmacy of your choice, you can choose where to receive physical therapy as well.

Taking care of yourself means taking charge of your healthcare, so remember that regardless of which physician you see, you have a choice when it comes to your physical therapy care.

What's Your Success Story?

[Click Here To Leave Your Review!](#)



The Vary Board Is Here!

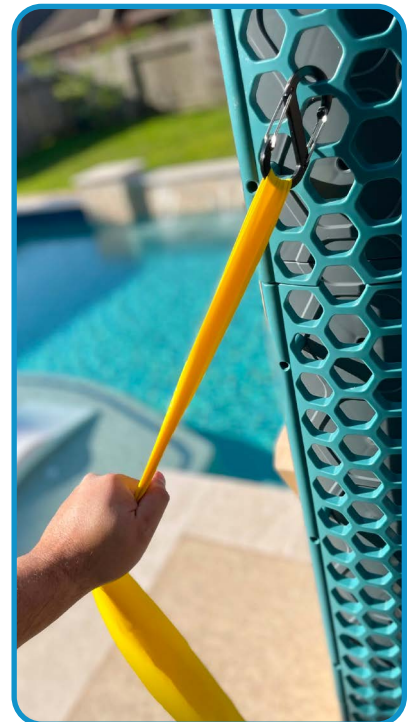
Trinity Physical Therapy is thrilled to announce the introduction of the VARY BOARD, an incredible innovation in the field of physical therapy. Dr. Santiago, PT, DPT, and his partner Mr. De Leon have worked tirelessly to create this revolutionary platform that guarantees unmatched accuracy, stability, and safety for all users.

The VARY BOARD was designed with the utmost precision and attention to detail. This platform offers an incredible range of benefits for individuals seeking to improve their physical health and well-being. Whether you're recovering from an injury, looking to enhance your athletic performance, or simply aiming to lead a healthier lifestyle, the VARY BOARD is here to support you every step of the way.

To learn more about the VARY BOARD and its incredible features, visit thevaryboard.com. The website provides comprehensive information on the board's specifications, benefits, and testimonials from satisfied users. Whether you're a professional athlete, a weekend warrior, or someone simply looking to stay active, the VARY BOARD is a game-changer in the world of physical therapy.

Right now Trinity Physical Therapy is the ONLY clinic that has the VARY BOARD. Our patients love using it and have the benefit of being the first to be able to purchase one. If you'd like to get your VARY BOARD today, Trinity Physical Therapy can help you with your purchase. Stop by the clinic during regular business hours and our staff will be happy to help you!

To show appreciation for their service while also promoting their health and well-being, ALL veterans, active-duty military personnel, and first responders will receive a 10% discount on their purchase.



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