



## WHY SURGERY DOESN'T HAVE **TO BE YOUR ONLY OPTION**

Do you suffer from a painful orthopedic condition such as spinal stenosis or osteoarthritis? Many think surgical intervention is the only way they'll ever find relief. However, you have another option: physical therapy at Peak Orthopedic!

There's no denying that surgery is a significant decision—and one that brings with it several risks, including blood clots, infections, and more. That's why most doctors will encourage you to consider your options before booking a surgeon. For orthopedic concerns, that means

looking to physical therapy. In fact, physical therapy is actually a frontline treatment for several musculoskeletal conditions, from arthritis to ligament injuries, meaning you absolutely should try it first! Regular physical therapy treatments can help delay your surgery—and, in some cases, avoid it altogether.

If you feel you may be on the path to needing surgery, don't hesitate to give our team a call. We'll provide specific information about how our physical therapists can help you avoid or delay surgery.

### **REDONDO BEACH**

520 N. Prospect Ave., STE 100  
Redondo Beach, CA 90277

**P: 310.376.9222**

### **RANCHO PALOS VERDES**

31244 Palos Verdes Dr. West, STE 209  
Rancho Palos Verdes, CA 90275

**P: 310.544.7325**

### **TORRANCE**

23133 Hawthorne Blvd., STE 104  
Torrance, CA 90505

**P: 310.321.4056**

## CONDITIONS THAT RESPOND WELL TO PHYSICAL THERAPY

People opt for surgery to reduce pain and improve their functionality and mobility. The good news is that physical therapy can do exactly that for several different musculoskeletal conditions, including the following:

- **Osteoarthritis:** People with severe osteoarthritis often resort to total joint replacements to address their symptoms. But if you can begin physical therapy early on, you can slow the condition's progression.
- **Partial Ligament Tears:** While a full ligament tear typically requires surgical intervention, less severe ligament injuries respond well to physical therapy.
- **Spinal Stenosis:** This condition causes a painful narrowing in the spinal column, but you can manage your pain and mobility restrictions with gentle, targeted exercise.
- **Degenerative Disc Disease:** A common side effect of aging, physical therapy is more beneficial for treating DDD than surgery in most cases.
- **Herniated Discs:** This is another condition that physical therapy can generally resolve more easily than surgery.

## PHYSICAL THERAPY VS. SURGERY: HERE'S WHAT WE CAN OFFER

The exact details of your physical therapy treatment will vary based on several factors, including the condition or injury, your current health status, and your overall goals. Our team will work closely with you to develop a customized plan that meets your needs.

Generally speaking, we'll begin with an extensive evaluation to help us get to the root of your discomfort. From there, we'll pull from several different techniques to help you manage pain, eliminate restrictions in your range of motion, and improve your overall function.

Ultimately, our goal is the same as any orthopedic surgery: to help you live a rich, active lifestyle, free from pain and immobility. However, we can do it with a few extra benefits:

- **Lower Costs:** Surgeries are far more expensive than physical therapy. Comparisons in prices estimate that



surgery costs at least \$2 per year for every \$1 spent on physical therapy.

- **Less Time:** Surgery is a highly invasive procedure that requires lengthy rehabilitation. Healing alone typically takes several weeks, and it can take up to a year before you've fully rehabilitated—during which time you'll be doing extensive physical therapy anyway. Why not skip the extra step?
- **Decreased Risks:** Surgery brings a host of medical risks, from blood clots to dependency on painkillers. Because physical therapy is non-invasive, the risk is minimal (especially compared to surgery). It also offers drug-free pain relief options.

That said, seeking physical therapy treatment sooner rather than later is essential—this is especially true for degenerative conditions such as osteoarthritis. It's also essential you keep active outside of our clinic. Many of these conditions benefit from regular movement, so you'll want to find an exercise program that suits your needs (something our therapists can help you with).

And if you do wind up needing surgery down the road, you'll already be prepared for your rehabilitation after the procedure!

## SKIP THE KNIFE; TRY PHYSICAL THERAPY INSTEAD

If you have a painful musculoskeletal condition, don't resort to surgery – visit Peak Orthopedic first to find out if physical therapy might be a better solution for you. Call us today to get started.

Sources: <https://jamanetwork.com/journals/jama/fullarticle/2705186> • <https://pubmed.ncbi.nlm.nih.gov/27385156/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6252248/>

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## YOU HAD SURGERY—BUT YOU’RE STILL STRUGGLING WITH PAIN!

Many people mistakenly believe that surgery is a cure-all: that once they work through their rehabilitation, they’ll be back to their old selves. While this is true sometimes, other times, people find that they’re still struggling with pain or limited mobility after a surgical procedure.

If this has been your experience, then know that physical therapy may be the tool you need to find lasting relief. Just as the team at Peak Orthopedic can help people avoid or delay surgery, we can also ensure your surgery provides you with a successful outcome. What can we do?

- Manual therapy helps with pain and range of motion restrictions. These hands-on techniques can gradually help restore your mobility over time.
- Mobility exercises take things a step further in terms of restoring your range of motion.
- Strengthening exercises will help build muscular strength and endurance to provide support and stability to the affected joint.
- Functional training will help you relearn movements you thought you’d lost. We can also help improve gait or balance and help you perform day-to-day activities like going up or down stairs more easily.

If you’re still struggling with pain and mobility after an orthopedic surgery, call us to schedule an appointment. We’ll work together to find a plan that suits your needs and goals!



## OUR PATIENTS GET RESULTS



"About a year ago while at the local gym, I put too much pressure on my arm and tore my rotator cuff. My orthopedic doctor told me I was a good candidate for surgery. Wanting to avoid surgery, I opted for 3 cortisone injections over the year. When that didn't work, my doctor recommended PT at Peak Orthopedic. I was apprehensive that anything short of surgery would help me. I was very wrong because after about 10 PT treatments, my shoulder feels like new. Both Dina and Koa did a tremendous job bringing my shoulder back to almost 100%. Based on my results, I would highly recommend Peak Orthopedic." — David H.

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