



GAME ON: PT OVER SURGERY!

If you're an athlete or enjoy playing sports, injuries are, unfortunately, a common occurrence. Fortunately, our G3 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.

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 G3 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.

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PROMOTIONAL SPOTLIGHT

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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 G3 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!



Introducing the G3 Physical Therapy Nutrition Series ebook! Click below to download **6 Nutritional Foundations for Muscle Recover and Healing** today!



Visit Us Online g3.life

EXERCISE ESSENTIALS

June 2024 Exercise: Alex's Go To Stretches:

This helps to improve hip, knee, and spine mobility for Alex's sport, Jiu-Jitsu (but don't stop reading if you think this is too difficult for you, read on for modifications and why this is important for everyone!)

For those of you who don't know Alex, he's our head physical therapist at Encinitas. He's in charge of exercise creativity to help individualize movement patterns for each person's needs. He also integrates the exercises into the person's daily routine. For example, one of Alex's passions is Jiu-Jitsu (or Brazilian grappling). To help simulate mobility in his hips, knees, spines, and even shoulders that he needs for his activity, Alex likes to sit on the ground and lean, turn, and reach in different directions.

But not everyone can jump into these movement patterns. Please consult your physical therapist on how you can slowly progress. You may start by sitting in a chair or even in a standing position. The idea is that the more variety of movements, the more opportunities to keep your joints lubricated and your muscles supple.



Starting position on the floor or sit in chair.



Gently turn and hold for 3 seconds and slowly rotate to opposite side. Repeat 3 times on each side.



Gently sidebend and hold for 3 seconds. Repeat on other side.



Gently fold over to your comfort level and hold for 3 seconds. Repeat 3 times.

WE GET RESULTS

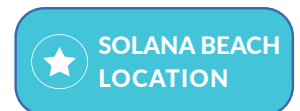
“Feels great to be back on a bike after ACL surgery. Next is working on getting back on a surfboard. Thank you, G3, for helping me reach my goals!”

-Eric H.



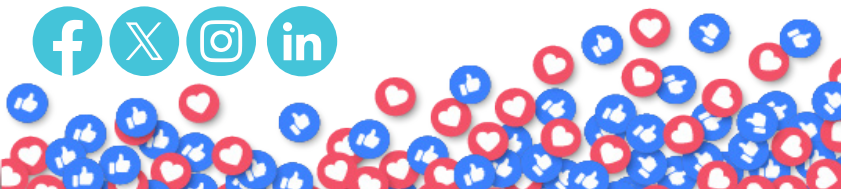
WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!



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