



Call today to  
set up your  
consultation!

# AXIS SPINE NEWSLETTER

## Vital Importance of Physical Therapy

by **IVANKA KURAN, DPT, OCS,  
COMT, ATC**

So, you've decided to go ahead with back surgery to address weeks, months or even years of limitations and pain. Surgery is usually done to stabilize your back or to decompress nerves that are being "pinched." Physical therapy is an important step in the recovery process to maximize healing and restore your ability to resume your daily activities.




### **IVANKA KURAN, DPT, OCS, COMT, ATC**

Dr. Ivanka Kuran is excited to be a part of the Axis Spine Team promoting diet, exercise, and wellness as part of a comprehensive program addressing pain management with both neck and back spinal conditions. She has achieved level IV certification in manual therapy through NAIOMT in addition to Orthopedic Specialty Certification.

At Axis Spine, we have developed post-surgical protocols with close collaboration between your doctor and our physical therapists. These protocols combine knowledge about each of the specific surgical procedures which allow us to set treatment goals that guide you back to the activities you enjoy. Post-surgical therapy is different than pre-surgical therapy, in that it also deals with easing expected surgical pain and inflammation, as well as accelerating scar tissue healing. Therapists provide education in terms of learning the do's and don'ts of your specific surgery, body mechanics, and timelines on resuming activities for a full recovery.

## **HERE ARE 3 REASONS WHY PHYSICAL THERAPY IS AN IMPORTANT PART OF YOUR RECOVERY FROM SURGERY:**

**1** Therapists monitor scar tissue healing and for any complications, such as infection or blood clots. After surgery, scar tissue forms as a natural part of the healing process. Soft tissue then contracts, which can lead to tightness and loss of motion. Physical therapists use a combination of cupping and soft tissue massage to restore normal flexibility. If complications arise, your therapist will be in close contact with your doctor to manage and possibly adjust medication.



**Therapists provide education in terms of learning the do's and don'ts of your specific surgery, body mechanics, and timelines on resuming activities for a full recovery.**

**2** Therapists are knowledgeable about what to expect at different stages of the healing process. Early goals are to minimize pain and restore function. With surgery, chemicals are released that stimulate your nerve endings, often resulting in some inflammation. When nerves have been compressed for some time prior to surgery, there is often a period in which the nerves “wake up”. Control of inflammation and graduated progression of mobility and exercise will help manage surgical pain and prevent pain from becoming chronic.

---

**Think of therapy as “insurance” to better guide you in getting the best possible outcome from surgery. Our therapists are certified in cupping, dry needling, manual therapy, and progression of back exercises to guide you back to the things you want to do.**

---

**3** Physical therapy improves balance, strength, flexibility, and mobility. Often, pain is present for months prior to surgery, resulting in limited range of motion, spasms, inflammation, and altered movement patterns. Decreased activity leads to weakened muscles and stiffness, which makes it difficult to complete daily tasks such as dressing, walking, and rising from a chair. Therapists will work with you to identify impairments and come up with a plan to address your specific condition. This involves a progression of stretching and strengthening exercises, along with manual techniques to restore flexibility to increase mobility. Good balance is important for safety at home and to prevent falls. Your treatment plan will involve exercises to strengthen core and back muscles, along with upper and lower extremities, to restore symmetry and balance. The expected timeline for soft tissue healing and strength gains is six to eight weeks, so a typical course of therapy falls in this time range. You will be given a specific written home exercise program that you can perform on your own, which helps progress recovery.



**CALL NOW  
208-457-4208**