



SCC Weekly Digest

Can Physical Therapy *Really* Make a Difference?

How effective can physical therapy actually be? Well, continue reading to hear successful PT stories from real patients.



What exactly is physical therapy? I know most of us have heard the term used before, participated in a session, or been referred to a physical therapist. But, how effective is this form of treatment? Do people actually gain something from it?

Well, I've compiled a group of *real* stories by *real* patients who've found success from pain management and physical therapy. Here at Specialty Care Clinics, our utmost priority is improving the overall quality of human lives. Our pain management doctors, Dr. Mohmmad Zulqarnian and Dr. Rao Kamran Ali, and chiropractor Dr. Gill know firsthand just how successful treatments like physical therapy can be.

THIS WEEK'S
TOP STORIES



Margaret's Story

The first recovery story begins with a 22-year-old former gymnast named Margaret. She was selflessly volunteering at an equine therapy center when an unknowing horse stepped on her left foot.

Instantly, she knew something was wrong. Although no bones were broken, Margaret's pain wouldn't subside for weeks. Her foot proceeded to swell and cause pain while walking for three weeks after the incident. After the swelling became unbearable, she decided her best option was to see a doctor and get some X-rays done.

Margaret's X-rays revealed nothing but a bunion she would soon have surgically removed. Even after her bunion was removed, Margaret was still experiencing excruciating pain in her foot. She stated it felt like her foot "was on fire." After experiencing this pain, Margaret did what many of us do: she began researching her symptoms online.

All of her research led to one diagnosis: complex regional pain syndrome. CRPS is a form of chronic pain that usually affects an arm or a leg after a serious injury. She began experiencing more symptoms related to the condition and her neurologist confirmed her diagnosis. The next step for Margaret was physical therapy.

At the beginning of her physical therapy journey, Margaret wasn't able to put any weight on her foot. Therefore, her ability to walk was extremely limited. As she continued forward with her PT appointments, the trustworthy bond with her therapist grew, thus increasing her progress. She went from not being able to walk at all, to using a walker, to hobbling on crutches, to walking like normal.

Although her condition isn't curable, Margaret is able to maintain a normal life thanks to physical therapy.

Story source:

<https://www.choosept.com/whytherapy/detail/former-gymnast-is-rebuilding-her-life-after-being->

Sandy's Story

Not all physical therapy journey's start with an intense, animal caused injury. Sandy's story began with a thyroid problem.

In 2014, Sandy was hospitalized due to a hypothyroid infection. Not only did this cause severe pain, but she almost permanently lost her life. Our thyroid gland controls many of our bodily functions, so when it's not working properly, the consequences can be severe. The gland produces hormones that regulate the body's metabolic rate controlling the heart, muscle and digestive function, brain development and even bone maintenance.

In Sandy's case, her hypothyroidism caused her heart to flatline for three full minutes until the fast-acting hospital staff was able to revive her. Sandy's condition affected her heavily for the next two years until 2016. Although she was no longer being hospitalized for her condition, it continued to cause other parts of her body to deteriorate.

Due to her thyroid, Sandy had been diagnosed with rheumatoid arthritis in her right hip and both shoulder blades.

"The pain is unbearable," Sandy said. "Whenever I would walk, it felt like a knife was being jabbed into my hip."

Her primary doctor referred her to Specialty Care Clinics very own chiropractor Dr. Gill. She began treatment in May of 2021 and has had less trouble walking ever since. The exercises Dr. Gill assigned to her provides pain relief in both her right hip and shoulder blades.

"I thought physical therapy would do nothing but make me tired," she said. "But, I can say with confidence Dr. Gill and his team are making a positive difference in regards to my hip pain."

Tylan's Story

An athlete's worst nightmare became Tylan's reality during his junior year of college. The now Baltimore Ravens wide receiver tore both his ACL and meniscus during college football practice in 2019.

"I made a wrong turn, heard a pop, and thought my career was over," said the former Oklahoma State University wide receiver. "I felt a strange pain in my knee and immediately fell on the ground. It was terrifying."

His injury occurred during the University's football season, thus forcing the coaching staff to bench their star player. Unfortunately, Tylan had to go under the knife in order to fix the damage. His recovery process was long, painful, but totally worth it.

As soon as he was cleared by his surgeon, Tylan began physical therapy with the University's staff. In the beginning, he could barely walk. Everyday he went in and worked with his physical therapist to rebuild his strength and mobility.

"It was really hard and extremely painful, but I was so motivated," he said. "I wanted to be back and better by next season."

Back and better he was. After 9 months of a grueling recovery and rehabilitation process, Tylan was able to play in the next season. Not only did he play in Oklahoma State's 2020-2021 football season, but he would also hear his name called in the 2021 NFL Draft to be a part of the Baltimore Ravens.

"Without physical therapy and the proper mindset, there's no way I'd be in Baltimore right now," he said. "The pain management doctors, the PT I worked with and my family are the reasons I'm wearing this jersey."

It Really Makes a Difference

Based on the stories told by real physical therapy patients, it seems this form of therapy makes a real difference. With the help of doctors like Dr. Gill, Dr. Zulqarnian and Dr. Kamran Ali, there's always hope for a full physical recovery.

Our providers are ready and willing to help our patients experience relief and recovery from their chronic pain and injuries. Physical therapy *really* does make a difference.

Stay tuned for more of SCC's Weekly Digest!

By: *Alydia Stark*

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