

# SO YOUR ORTHOPAEDIC SURGERY HAS BEEN DELAYED?



**Wellness Embodied**

**5 things to  
do next..**



# ABOUT THIS EBOOK

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At the time of writing this Ebook (April 2020), we are in a time of crisis in the healthcare system- but out of every crisis is potential for positive change.

Currently in Australia, all non- urgent elective surgeries have been cancelled. If you are one of these people, this can be devastating- but there is hope.

Maybe you can become empowered to manage your painful condition, with guidance. Perhaps you can spend more time on your pre- surgery strengthening, improving pain and overall function. Finally, if you live in a remote part of our country, you now have access to qualified health professionals anywhere from your computer/ laptop. This Ebook is just the start of your journey. Whether you opt to use our services or not afterwards, know that we have a wealth of resources and knowledge to share with you. I hope it's helpful.

## Suzanne Rath

PHYSIOTHERAPIST, PRACTICE  
PRINCIPAL, WELLNESS EMBODIED  
CAIRNS



# 1: STAY ACTIVE

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There are multiple studies on the benefits of exercise and activity for wellbeing. Correct rehabilitation and strengthening of the muscles around affected joints can keep the area strong, maintain bone density and may help to control joint swelling and pain.

Exercise is hugely beneficial for your mental health and wellbeing. Finally, exercise can help with weight loss- decreasing the pressure on joints of the lower limb.

The type of exercise you do may be restricted by your pain or other factors, however there are always options. If you have access to a pool, why not think about walking in the water for wellbeing, or even getting some water 'weights' for resistance training. There are also lots of online classes in everything from chair yoga to full bootcamps, meaning there's suitable exercise for everyone.

Physiotherapists are experts in safe exercise for pain, injury and chronic disease- speak to us for advice.



## Wellness Embodied Cairns

53 Sheridan Street, Cairns City  
07 4231 9777 or 0488 588 670 - [admin@wellnessembodiedcairns.com](mailto:admin@wellnessembodiedcairns.com)  
[www.wellnessembodiedcairns.com](http://www.wellnessembodiedcairns.com)



# 2: REHAB EXERCISES

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What are Rehabilitation exercises and how do they differ from what you may find online, at the gym, or with a PT?

As physiotherapists, we work on the muscle groups which you can't see! It's lovely to have a six pack, muscular legs or shoulders, but that's not what we're about.

We work on identifying specific muscle imbalances so that we can:

- Lengthen the muscles that need to be lengthened.
- Strengthen the deep stabilisers of the joints, leading to less unnecessary strain on joints.
- Guide you on when and how to return to activities you love.
- Problem- solve any pains that arise and provide you with the tools to manage these independently, without resorting to painkillers.



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# 3: LOSE WEIGHT

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The effects of weight loss on pain, health and wellbeing are huge. If you go for surgery, less weight generally means an easier process of anaesthetisation, as well as quicker recovery afterwards. Losing weight has positive impacts on all body systems, including reduced strain on your heart and other vital organs.

If you needed further convincing on the benefits of weight loss, here are some stats from John Best and Paul Masson, doctors at the Orthosports surgical group in Sydney:

- 20% weight loss decreased pain by up to 50%.
- Carbohydrates break down into various chemicals which are pro-inflammatory.
- The Orthosports' team have found clients on their low carb diet decrease surgical cases by up to 50% due to weight loss.



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# 4: STOP SMOKING

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Within a day or two after quitting smoking, cells can obtain more oxygen and blood flow improves, making it easier for the body to heal. Research shows the sooner you quit smoking, the better. For the first 6-8 weeks after smoking cessation, you may actually cough up more mucus, meaning if you can quit more than 8 weeks pre- surgery, it's much better for decreasing the risk of lung related complications.

Other negative effects of smoking on orthopaedic surgery include:

- Higher chance of infection and bone fracture in spinal fusion surgery
- Increased bone healing time.
- Higher chance of scarring.
- Weaker immune system, increasing the chance of post-op infection



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# 5: SECOND OPINION

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With more time and access to technology on our hands, now is the ideal time to seek another opinion on your condition. We're not suggesting that you ditch the idea of surgery but there are lots of avenues you can try with some time, commitment and curiosity. These include injection therapies (PRP, hyaluronic acid), natural pain management options (E.g. Omega 3s, Theracumin) or even just a video check in with your surgeon.

Increasingly, research shows many conditions fare just as well with conservative Physio-led rehab as with surgery. These include: Many rotator cuff tears, cases of joint arthritis, ACL tears and Achilles tears. Maybe now is a good time to explore other options to maximise your physical health and wellbeing?



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# A GIFT FOR YOU.

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Thanks for reading this far!

At Wellness Embodied, we are known for our excellence in care and treatment, as well as for making an impact where other therapies have failed.

If you can't make an appointment in our Cairns based clinic, why not contact us for a Telehealth consult? All you need is a place where you won't be disturbed, a working internet connection and a phone or laptop with video functionality (laptop is best).

We'd love to offer you a free 10 minute video consult to discuss your particular case and offer you access to some of our resources which may help you. To book your obligation free slot, simply email [admin@wellnessembodiedcairns.com](mailto:admin@wellnessembodiedcairns.com) or call 07 42319777.



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