

WHAT TO KNOW ABOUT PHYSICAL THERAPY AT SI ORTHO

FROM SOUTH ISLAND ORTHOPEDICS



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Physical Therapy at South Island Orthopedic

Physical therapy (PT) is a specialty of physical medicine where licensed professionals use restorative exercises to help patients improve their movement and functionality. PT can benefit patients in need in many ways, such as helping them reduce pain, improving or recovering mobility, or preventing injuries from occurring in the first place.

Physical therapists treat numerous regions of the body for patients of all ages and levels of physical fitness via conservative methods. Physical therapy may be recommended as an initial form of treatment for some conditions or injuries. Similarly, it may be needed after surgical treatment to restore strength and function to the affected area.

Regardless of your physical therapy needs, South Island Orthopedic's PT team is committed to providing the highest standards of care. Whether you are recovering from an injury or trying to prevent one, we focus on providing high-quality, compassionate, and personalized physical therapy for everyone.

"PT can benefit patients in need in many ways, such as helping them reduce pain."

Meet the SI Ortho Physical Therapy Team

SI Ortho's physical therapy team comprises only the best medical professionals available. With decades of experience treating various conditions, the physical therapy team at SI Ortho is second to none.

We strive to help patients recover through restorative exercises that focus on developing the body as a whole. Our tight-knit team of therapists is committed to creating personalized treatment plans for every patient who walks through our doors.

As part of our team, Dr. Michael Cirina or Dr. Erica Glassmann may provide you with treatment on the day of your appointment. For a bit of context about the two doctors, see below.



Dr. Michael Cirina

Meet Dr. Michael Cirina, an integral part of the SI Ortho team for the last ten years. Dr. Cirina graduated from Northeastern University in 2007 with a doctorate in physical therapy. However, he has worked in the orthopedic outpatient physical therapy field since 2001, building a reputation as a trusted healthcare provider who always goes above and beyond to ensure patients' health and success.

Before building his career in physical therapy, Dr. Cirina grew up on the North Shore of Long Island. He played all types of sports while in school and still loves competition and athletics to this day. Nowadays, his focus lies on creating a happy work environment and satisfied patients.

Around the office, Dr. Cirina lives by his core philosophy—each patient is an individual with his/her own unique needs. With that in mind, he always emphasizes one-on-one attention and creating customized treatment plans. If you get the chance to get treated by Dr. Cirina, you can rest assured that you are in good hands.



Dr. Michael Cirina
Physical Therapist

"Dr. Cirina has worked in the orthopedic outpatient physical therapy field since 2001, building a reputation as a trusted healthcare provider."

Dr. Erica Glassmann

Born and raised in Syosset, Dr. Glassmann graduated with a bachelor's degree in Health and Exercise Science and a minor in Psychology from Syracuse University. She then attended the New York Institute of Technology's Doctorate of Physical Therapy program, where she earned her DPT degree in 2018.

While attending NYIT, Dr. Glassmann completed her Certified Strength and Conditioning Specialist (CSCS) Certification. In addition, she was a teaching assistant for the first-year PT students' kinesiology class and conducted research in Interrater and test-retest reliability of the Y Balance Test in healthy early adolescent female athletes.

Besides orthopedics, her clinical interests include sports medicine, neuro rehab, and manual therapy. In the office, she enjoys developing trusting relationships and working closely with her patients to reach their physical therapy goals. When she is off the clock, Dr. Glassmann enjoys camping, skiing, running, and general fitness.



Dr. Erica Glassman
Physical Therapist

"Dr. Glassmann completed her Certified Strength and Conditioning Specialist (CSCS) Certification while at NYIT."



What to Expect During Your First PT Appointment

Although every physical therapy session will be unique and tailored to your condition and need, PT sessions at SI Ortho will generally follow the same format.

In general, the session starts with an initial evaluation as they work with your doctor's prescription, use therapeutic exercise, activities of daily living, and manual therapy. Various physical agents such as heat and cold are sometimes used as well. The most important part is developing and reviewing a customized home exercise program so that you can carry out your rehabilitation at home.

Types of Physical Therapy

While the basic format of your visit is consistent, the treatment during the appointment can vary widely depending on the type of physical therapy required. Within the broad field of physical therapy, several subspecialties exist that focus on the different needs of different people. Types of physical therapy at SI Ortho include:

- **[Orthopedic Physical Therapy](#)**: Treatment for your musculoskeletal system, including your bones, joints, muscles, ligaments, and tendons.
- **Pediatric Physical Therapy**: Treatment to support children who need additional help to develop their muscles or skeletal system.
- **Geriatric Physical Therapy**: Treatment for senior adults who want to compensate for weakened muscles or prevent injuries.
- **[Sports Physical Therapy](#)**: Treatment for athletes who may have sustained an injury or want to develop their body to prevent injuries.

Reasons for Physical Therapy

Between those four main types of physical therapy that serve people of all ages and body types, there are several different use cases where someone may [request to see a physical therapist](#). Those scenarios include using physical therapy as a treatment, as a way to prevent surgery, or as a way to recover from surgery.

Physical Therapy as a Treatment

While you should always get the opinion of a medical professional if you suspect that you injured yourself, many minor injuries can be treated solely with physical therapy. Sprains, strains, persistent pain, or conditions that increase your risk of injury often benefit from physical therapy.

Physical Therapy to Prevent Surgery

Although surgery is the only way to treat some injuries, the doctors at SI Ortho may recommend starting with physical therapy to prevent surgery. Surgery brings many risks that physical therapy does not; whenever possible, our doctors try to avoid surgery.

On the other hand, physical therapy simply uses conservative treatment methods, including stretches, exercises, massages, and other niche techniques that your therapist might deem relevant. While physical therapy will not always get you out of the operating room, it can go a long way toward preventing surgery.

Physical Therapy to Recover from Surgery

Although often a necessity, surgery can leave patients weakened and vulnerable. Surgery patients risk reinjuring themselves without a disciplined program to rebuild strength and function.

With that in mind, many surgeons will require patients to attend physical therapy sessions for weeks or months after the operation, depending on how invasive the surgery was. Starting gradually and working your way up to more advanced movements, SI Ortho physical therapists will ensure that you take the appropriate measures to avoid reinjuring yourself.



More on Post-Surgery Physical Therapy

Although surgery is often an essential first step in the healing process, many surgeries require a helping hand in the form of physical therapy. Surgery makes the necessary repairs while physical therapy cements them in place.

Who Needs PT After Surgery

Many different types of surgery require physical therapy afterward to help the body heal and regain lost strength. In fact, most doctors recommend starting a PT regimen very soon after the operation to keep the body moving. Some common surgeries that use physical therapy afterward include:

- **Spinal Surgery:** Spinal fusion or disk surgery is very delicate, making supervised PT essential. The therapist will start with gentle stretches and work up to more strenuous movements.
- **ACL and Meniscus Surgery:** Patients can accelerate their healing process and prevent re-injury by slowly rebuilding their strength under the supervision of a PT.
- **Joint Replacement Surgery:** Depending on the surgery, joint replacement patients may start physical therapy almost immediately after their operation. Doing so will help patients regain mobility and get total usage out of their new joint.
- **Rotator Cuff Surgery:** After surgery it is important that, once cleared, patients begin physical therapy to restore full range of motion. Supervisions of a physical therapist will ensure that progress is made without overstressing the healing tissue.



What to Expect in Postoperative PT

After your surgery, your SI Ortho physical therapist in conjunction with your SI Ortho surgeon will create a custom therapy plan to get you back to pain-free movement as efficiently as possible. Starting with simple exercises and stretches and gradually moving on to more challenging tasks, they will rebuild your body and prevent re-injury. Following surgery, your therapist may have you perform the following:

- Stretching exercises to loosen up the affected area
- Strengthening exercises to rebuild muscle and movement in the affected area
- Range of motion exercises to restore usability to the affected area

- Cardiovascular exercises to show patients their progress and keep their body limber

Depending on your surgery, you may have to wait before starting physical therapy, or you may be able to commence your program right away. Always listen to your surgeon about when to start physical therapy, and stick to the plan. Physical therapy is not an overnight process; it may take weeks or months to fully regain the function of your affected body part.

"Always listen to your surgeon about when to start physical therapy, and stick to the plan."

5 Simple DIY Physical Therapy Exercises

While there is [no replacement for a diagnosis and treatment from a medical professional](#), there are some safe physical therapy movements that you can do at home. Remember that while the movement might make your body sore, it should never hurt. Here are five exercises you can do at home for common pain points.

Knee Movement

The knee is one of the hardest working joints in the body, which makes it very prone to injury. If you have knee pain, try performing step-ups to strengthen your knee and reduce pain.

To do a step-up, stand on the lowest step of a staircase or a low bench. Keeping your abs tight, bend one knee to lower the opposite foot to the floor. With your foot on the floor, rise back to your previous standing position.



Ankle Movement

Like your knee, ankles are another very hard-working and injury-prone joint, and sprains are one of the most common ankle injuries. If you suffer a sprain, you can perform the following range of motion exercise to help heal the sprain.

While sitting or standing, draw the alphabet with your big toe, using only your ankle to manipulate your foot. Tracing the alphabet allows you to move your ankle in every direction and increase mobility.

Shoulder Movement

Shoulder injuries are exceedingly common among people of all ages and can be very complex. The following stretch is designed to increase your shoulder range of motion, which can help prevent injuries.

Standing straight up, relax your shoulders and pull one arm across your sternum. Start gently until you feel a light stretch, which you should hold for about 30 seconds.



Wrist Movement

When people fall, their natural response is to try and catch themselves with their hands. However, doing so often results in a wrist injury such as a sprain. To recover from a wrist injury, try the following.

Stand or sit with your palms together and elbows outward. Slowly lower your wrists until you feel a stretch, which you can hold for about 30 seconds. This movement is also called the "prayer stretch" because of the placement of your hands and wrists.



"Remember that while the movement might make your body sore, it should never hurt."

Neck Movement

Whether because of poor posture, a car crash, or a recent fall, neck pain is a very prevalent issue among adults. While the spine and neck are very complex, you can try the following movement to reduce neck pain.

Sitting upright in a chair, relax your neck and shoulders. Place your left hand on top of your head and then tilt your head to the left while applying slight pressure with your hand.



Always See a Medical Professional

Although you can try to perform physical therapy movements on your own without the oversight or insights of a therapist, [it is always better to get a professional opinion](#). If you perform the wrong movement or misdiagnose yourself, your condition could worsen. Therefore, we always recommend making an appointment with a physical therapy specialist.



"We always recommend making an appointment with a physical therapy specialist."



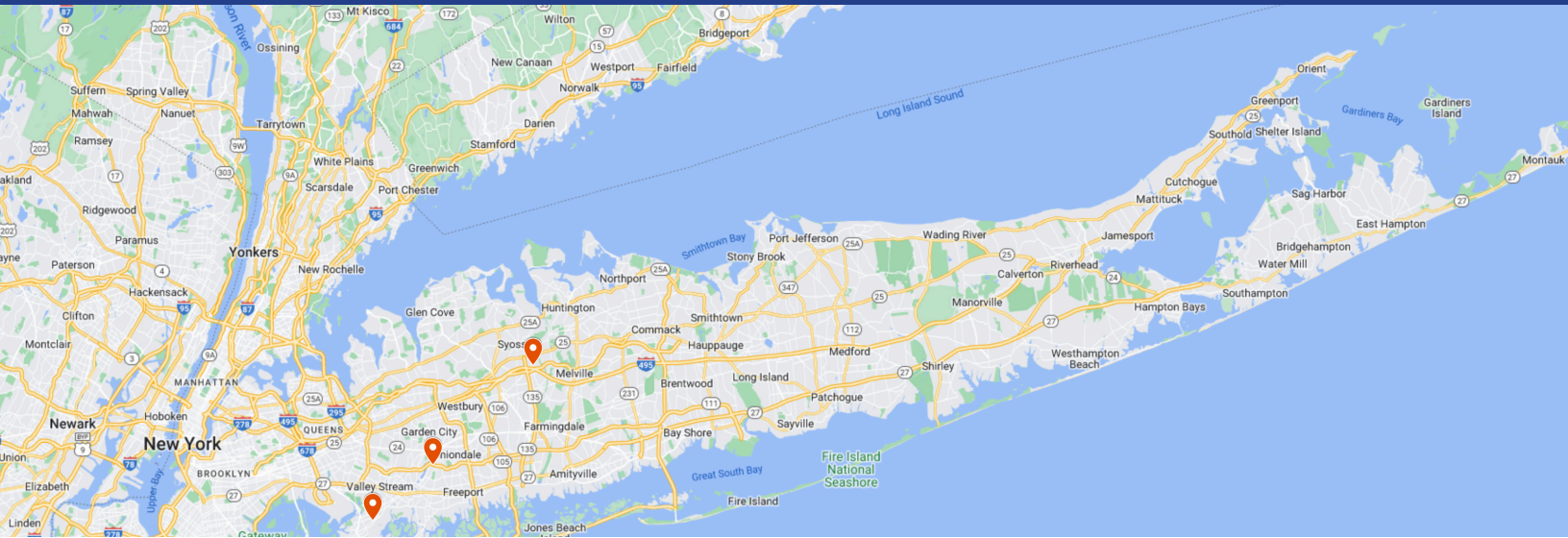
Our Services

SI Ortho offers comprehensive physical therapy services that cover all of the above mentioned types of physical therapy and use cases. With that said, we can help guide you along the road to recovery, regardless of the physical therapy required. As part of your treatment, we may offer or utilize:

- Open Gym Areas
- Strength Training
- Myofascial Release
- Massage Therapy
- Hot/Cold Therapy
- Exercise Therapy
- ESTIM - Electrical Stimulation
- Joint Manipulation
- Kinesiology Taping

Regardless of the treatment required, the SI Ortho physical therapy team prides itself on consistently providing the highest level of care. From the moment patients step into the office, the team's passion for healing ensures they recover quickly and safely.

"SI Ortho can help guide you along the road to recovery."



Our Locations

South Island Orthopedics is committed to being there when you need us the most.

Woodbury Location

205 Froehlich Farm Boulevard
Woodbury, NY 11797
Phone: 516-364-0070 Fax: 516-364-0242

[Visit Woodbury](#)

Cedarhurst Location

657 Central Avenue
Cedarhurst, NY 11516
Phone: 516-295-0111 Fax: 516-295-9438

[Visit Cedarhurst](#)

Rockville Centre Location

2000 N Village Avenue, Suite 311
Rockville Centre, NY 11570
Phone: 516-665-9200 Fax: 516-442-5720

[Visit Rockville Centre](#)

Make an Appointment Today!

If you have questions about an injury, treatment options, or you need to see an orthopedic specialist, reach out to South Island Orthopedics today. You can also [request an appointment](#) by calling one of our offices or visiting us online at www.SIOrtho.com.