



Stop Pain.... Get Strong

When recovering from a major surgery or illness, time is one of the best medicines, but there are many things you can do in order to speed up that process. Often, there is a considerable amount of pain associated with your recovery. Pain relief can be found through the use of medicines, but some patients do not respond well to them, or the side effects are so undesirable they outweigh their benefits. These are the types of patients who might consider pain relieving rehab tools.



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You may prefer to stay traditional for pain relief such as hot and cold therapy treatments. Cold therapy can reduce swelling (cryotherapy) and is often the immediate first aid applied as soon as possible for many sports injuries helping to reduce pain, swelling and inflammation.

Self-massage therapy can also be an effective and simple form of pain relief. Shown to help muscles recover quicker after exercise or injury. Foam rollers and hand massagers are perfect to relieve soreness and stiffness. There have been many high tech innovations in pain relief therapy, such as electrotherapy in the past years; you will need to work with your therapist to see what is right for you.

While undergoing pain relief treatment, you must also work to rebuild muscle tone that is often lost during the non-use resting period following an injury. This requires you to work closely with your physical therapist in order to plan the proper exercises to avoid further injury or harm. It is likely that you will need your own set of the same sort of rehab equipment found in your therapist's office. Before deciding upon equipment for home use, you should consult with your therapist to ensure that you are purchasing the right type. There is no need to purchase expensive professional rehab equipment, you can use inexpensive, at-home exercise supplies such as an exercise ball. As far as workout equipment goes, stability balls are therapy favorites.

The ball has outperformed the floor and weight bench in studies published in the Journal of Strength and Conditioning Research. Stability ball exercises use more muscles at the same time. The result: You'll firm up faster. Choose a size that allows you to sit with your feet flat and your thighs about parallel to the floor. For most, a 65-centimeter ball will do. However, if you're shorter than 5-feet-5, try a 55-centimeter ball, and if you're taller than 5-feet-11, try a 75-centimeter ball. If you've never used an exercise ball before, don't inflate it completely. The more inflated and firmer the ball, the harder it is to balance.

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Take advantage of a Free 20 min Consult with your physical therapist to ensure appropriate selection and proper use of your home rehabilitation equipment in order to minimize the chances of re-injury as well as for the overall health benefits.



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What Patients Are Saying Kris L.

there well worth it. Remember you always get what you give. I loved the therapy team that worked on me but I could tell from watching the rest of the therapists during my visits that they were all very pleasant and knowledgeable. I highly recommend CACC Aurora for any physical therapy need that you may have.
Thanks CACC

This was my first experience with physical therapy but I knew several people that have used this facility and loved it. From the first time they called me until the last time I visited them I had nothing but a great experience. They were very professional and made my time spent

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20 Min.
Appointment**

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Is You Referring Your Family and Friends To Us"**

**"Care to Share" with Your
Family & Friends**

