



# SOUTHWOODS HEALTH

COMMUNITY MAGAZINE | ISSUE 9



INTRODUCING  
**PHYSICAL THERAPY &  
REHABILITATION  
SERVICES**



LEADING THE WAY



I am pleased to announce the opening of Southwoods Physical Therapy & Rehabilitation, the latest addition to Southwoods Health's integrated network of facilities, physicians and services.

Studies find that patients who receive coordinated care are more likely to have their health care needs satisfied, as well as experience more favorable long-term outcomes. Our new physical and occupational therapy services serve as an extension of our medical team following an injury, surgery or hospital stay.

Physical therapy is used to optimize patients before and help patients recover after surgical procedures. Many specialties rely on it throughout the continuum of care to determine if conservative treatment options can help reduce pain and improve function for a patient following an injury.

While physical therapy is an important component of orthopaedic treatment, it is also frequently used to support home health, pain management, physical medicine and primary care, among other specialties.

Currently offering services at two convenient locations, our experienced team of therapists provide customized treatment plans with specific goals, guiding patients on their path to recovery.

In listening to our patients' concerns and needs, I remain passionate about expanding our services and locations to ensure improved access to the quality, compassionate care they need. Because at Southwoods, it's not just about the treatment but how you're treated.

  
Ed Muransky, CEO Southwoods Health



# ENJOY EVERY STEP OF LIFE'S JOURNEY

Southwoods has a network of orthopaedic specialists in locations across the Mahoning Valley. For more information, visit [SouthwoodsHealthOrtho.com](http://SouthwoodsHealthOrtho.com) or call 330-729-8400.



**SOUTHWOODS  
HEALTH**

# SOUTHWOODS ORTHOPAEDICS

📍 7 locations across the Mahoning Valley

📞 330-729-8400

🌐 [SouthwoodsHealthOrtho.com](https://SouthwoodsHealthOrtho.com)

## ORTHOPAEDIC CONDITIONS

### NECK/ SPINE

Herniated disk, sciatica, degenerative disk disease, spondylosis, spinal stenosis, radiculopathy

### SHOULDER

Torn rotator cuff, dislocations, frozen shoulder, separations, sprains/strains, tendonitis

### HIP

Bursitis, osteoarthritis, dislocations, stress fractures, dysplasia

### WRIST

Carpal tunnel syndrome, tendonitis, sprains/strains, arthritis, traumatic injuries

### HAND

Trigger finger, arthritis, tendon injuries, fractures

### KNEE

Meniscus/meniscal tears, ACL injuries, arthritis, dislocations, bursitis, fractures

### ANKLE

Achilles injuries, sprains/strains, fractures, osteoarthritis, tendinopathy

### FOOT

Bunions, hammertoes, stress fractures, heel spurs, sprains/strains

## COMPREHENSIVE TREATMENT COMPASSIONATE CARE

Over 18.5 million orthopaedic procedures were performed in the United States in 2022, and that number will continue to climb as the population ages, obesity rates increase and weekend warriors battle it out. From injections to minimally invasive surgeries to total joint replacements, these procedures treat a wide range of injuries, musculoskeletal conditions and chronic pain.

Southwoods Health's orthopaedic network offers patients comprehensive treatment plans and the most advanced techniques and procedures right here in the Mahoning Valley.

Our multispecialty services include:

### Hip & Knee

Our orthopaedic specialists offer a complete range of care for hip and knee issues, performing minimally invasive procedures, total and partial knee replacements, robotic-assisted joint replacements and anterior approach hip replacements.

### Shoulder

Shoulder injuries are caused by trauma, overuse, aging or repeated motions from athletic and everyday life activities. Southwoods' network features physicians trained in the treatment of shoulder conditions, offering conservative treatment options through total shoulder reconstruction.

### Hand & Upper Extremity

Non-surgical and surgical treatment is available for a wide range of hand, wrist and upper extremity conditions including arthritis, trigger finger, carpal tunnel syndrome, tendon and ligament injuries, fractures, traumatic injuries and sprains and strains.

### Sports Medicine

Sports medicine experts focus on helping athletes improve overall performance, recover more quickly from injury and prevent future injury. Offering services for amateur, recreational and professional athletes, children to adults.

### Regenerative Medicine

Regenerative medicine is the process of replacing or regenerating tissue that may be permanently damaged to restore function. Our orthopaedic specialists offer stem cell therapy and platelet-rich plasma (PRP) therapy as part of comprehensive treatment plans for musculoskeletal conditions and injuries.

Our specialists also utilize Southwoods Imaging's advanced diagnostic services for the most accurate diagnoses and have access to the region's only CMS Five-Star rated hospital for patient satisfaction and clinical outcomes, The Surgical Hospital at Southwoods.


Let our experts help you enjoy every step of life's journey. Visit [SouthwoodsHealthOrtho.com](https://SouthwoodsHealthOrtho.com) for more information or to find a location near you.



## SOUTHWOODS PHYSICAL THERAPY & REHABILITATION SERVICES

 250 DeBartolo Place, Suite 1100  
Boardman

 1335 Belmont Avenue  
Youngstown

 234-287-6660

 [SouthwoodsHealth.com](https://SouthwoodsHealth.com)

## YOUR PATH TO RECOVERY

### PHYSICAL THERAPY & REHABILITATION SERVICES

Whether you are recovering from a joint replacement or surgical procedure, recuperating from an injury or illness, or managing chronic pain, Southwoods Health's experienced Physical Therapy & Rehabilitation Services team can help you on your path to recovery.

While outpatient therapies each serve a unique purpose, they share a common goal of helping patients get back to an active lifestyle. These powerful tools help increase strength and mobility, reduce pain and improve the patient's ability to perform everyday tasks.

"We are excited to bring top-tier Physical Therapy & Rehabilitation Services to the Mahoning Valley," said Ed Muransky, Southwoods Health Chief Executive Officer. "This addition bridges a gap between orthopaedic procedures, injury, chronic pain and rehabilitation. Now, patients can stay within the Southwoods system for these services, thereby enhancing the patient experience and continuity of care."

Currently offering physical and occupational therapy, our board-certified therapists are committed to providing patients with Southwoods Health's renowned brand of quality care and compassionate support.

#### Physical Therapy

Physical therapy is an essential part of the recovery process for post-surgery patients and patients managing illness, injury or other

medical conditions. It helps improve balance and flexibility, minimize scar tissue formation, reduce post-surgical complications and optimize outcomes. Pre-surgery therapy, or prehabilitation, introduces therapy before a surgical procedure. Most commonly used in orthopaedics, prehabilitation is meant to get patients ready for their procedure, so they can retain a higher level of function afterwards.

Southwoods' physical therapists start with a comprehensive evaluation, then create individualized treatment plans tailored to each patient's specific goals and needs. Treatment options focus on managing pain, reducing discomfort and improving range of motion and flexibility.

The amount of therapy you will need depends on the issue at hand. Some patients only need a few weeks of physical therapy to help with a short-term issue, while others may need it for months or years to manage symptoms of a chronic condition.

A combination of stretching, strength exercises and hands-on techniques help patients regain their ability to move effectively, independently and confidently.

#### Occupational Therapy

Occupational therapy focuses on the patient and their ability to perform activities of daily living, playing a key role in rehabilitation and recovery while maximizing function and independence.

### COMMON CONDITIONS TREATED

- Arthritis
- Back & Neck Pain
- Bursitis
- Chronic Pain
- Knee & Hip Pain
- Lymphedema
- Mobility Issues
- Musculoskeletal Injuries
- Nerve-Related Conditions
- Neurological Disorders
- Osteoporosis
- Overuse & Repetitive Motion Injuries
- Post-Operative Rehabilitation
- Sports Injuries
- Sprains & Strains
- Tendonitis



The goal is to help people live as self-sufficiently as possible.

Patients might need occupational therapy after trauma or injury, or they might need it to manage symptoms from a chronic condition or disability.

Our occupational therapists assess each patient, discussing physical, mental and social goals and any barriers to success. Next, they'll develop custom treatment plans aimed at improving the patient's ability to perform tasks at home and work.

A combination of exercises, education, resources, and targeted motor, visual, sensory and self-reliance activities help patients improve or maintain a high quality of life. Patients regain independence and get back to doing the things they love most.

Physical and occupational therapy play key roles in a patient's continuum of care. Continuum of care refers to the consistent delivery of health care services that evolve with the patient, as the patient ages. It can encompass changing health care needs throughout a patient's life, or it can focus on a particular health condition. In addition to our outpatient physical and occupational therapy services, patients have access to inpatient rehabilitation at The Surgical Hospital at Southwoods, and home health therapy through Southwoods Health at Home.

Physical Therapy & Rehabilitation Services are effective solutions benefitting the mental and physical health of our patients. Let us help you on your path to recovery. Call 234-287-6660 to schedule today!



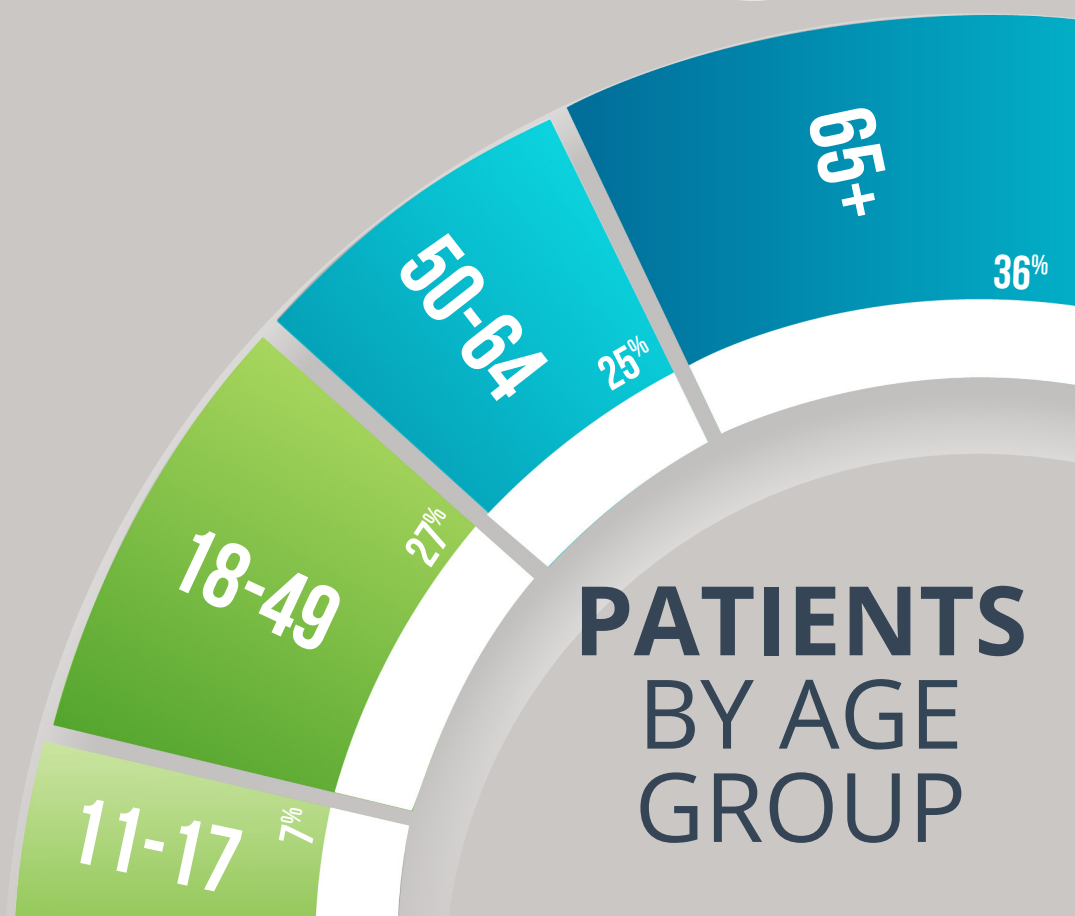
## BENEFITS OF PHYSICAL & OCCUPATIONAL THERAPY

### BENEFITS OF PT

- Avoid surgery
- Improve mobility
- Relieve/manage pain
- Improve balance/prevent falls
- Recover after illness/surgery
- Heal sports injuries
- Manage chronic conditions

- Increase independence in activities of daily living
- Improve strength/endurance
- Prevent injury/re-injury
- Improve memory
- Enhance quality of life
- Improve overall wellbeing

### BENEFITS OF OT



# WHAT'S GROWING ON AT SOUTHWOODS HEALTH

Obesity is a common, serious disease affecting millions in the U.S. alone.

**42% OF ADULTS ARE AT RISK  
OF CHRONIC DISEASES  
BECAUSE THEY ARE OVERWEIGHT.**

Weight loss surgery offers our patients a chance to improve and even resolve these associated diseases, giving them an opportunity for a fresh start.

**DR. BRANDON DESSECKER**

CENTER FOR COMPREHENSIVE WEIGHT MANAGEMENT & BARIATRIC SURGERY

## NATIONAL RECOGNITION

## PATIENT EXPERIENCE

Southwoods Health has once again earned the Guardian of Excellence Award® and Pinnacle of Excellence Award® from Press Ganey.

These awards are part of Press Ganey's annual ranking of top hospitals and health systems in the country, recognizing organizations for putting the Human Experience at the heart of healthcare and setting the bar high in patient experience, safety and quality.

The Guardian of Excellence Award® honors hospitals who have consistently ranked in the top percentile nationwide for patient experience. Southwoods has received this award every year since its inception in 2013.

Additionally, the Pinnacle of Excellence Award® recognizes hospitals who have maintained consistently high levels of excellence in patient experience over a three-year period. Southwoods has received this award every year since its inception in 2016.



## DID YOU KNOW

# ...12 MILLION

**patients in the United States receive  
HOME HEALTH care services annually.**

That number is expected to grow rapidly over the next decade as the aging baby boomer population pushes demand to receive care at home. Research suggests nearly 90% of U.S. adults over 65 want to live at home as long as possible.

We all know the best place to recover from an illness, injury or procedure is in the comfort of your own home. Delivering skilled care directly to you, Southwoods Health at Home provides home health care services, the Southwoods Way, offering expert care, compassionate support and genuine peace of mind for you and your family.

If you or a loved one are in need of home health care services, choose Southwoods Health at Home. Call 330-965-5250 or visit [SouthwoodsHealthatHome.com](https://SouthwoodsHealthatHome.com) to learn more.

## FAST & EASY HEALTHY RECIPE CHICKEN MARINADE

As the weather turns warmer, grilling is a fun way to cook while enjoying the outdoors. It is a healthier cooking method as it causes excess fat to drip off the food, reducing the amount of unhealthy fats consumed. Grilling is a great way to cook lean red meats, poultry and fish. This super simple chicken marinade recipe is healthy, flavorful and will turn your regular grilled chicken into something special!



### INGREDIENTS

¼ cup extra virgin olive oil  
¼ cup lemon juice from fresh lemon  
Zest of 1 lemon  
2 tablespoons Worcestershire sauce  
2 tablespoons minced garlic  
2 tablespoons finely chopped, fresh flat leaf parsley

2 tablespoons dried thyme  
2 teaspoons salt  
½ teaspoon black pepper  
6 boneless, skinless chicken breasts

### DIRECTIONS

Combine all ingredients in a bowl and mix well. Transfer the marinade to a large re-sealable bag and add the chicken breasts. Seal the bag, pressing down to remove any air, and make sure the chicken is well coated in the marinade. You can also use a glass container to marinate the chicken. Marinate at room temperature for at least 30 minutes, and up to 1 hour. Discard the marinade and grill the chicken until the internal temperature reaches 165°F. Enjoy!



# 10 EASY WAYS TO REDUCE STRESS

In today's fast-paced world, stress has become a common ailment for many people, affecting their mental and physical well-being. At Southwoods Health, we understand that stress impacts your overall health, making it essential to keep stress managed and under control. In a recent blog, we outlined 10 easy ways to reduce stress.

## PRACTICE DEEP BREATHING

Deep breathing exercises are a powerful tool for stress reduction. When you take slow, deep breaths, you activate your body's relaxation response, which can help calm your mind and reduce tension. Try setting aside a few minutes each day to practice deep breathing.

## STAY ACTIVE

Physical activity is a natural stress reliever. When you engage in exercise, your body releases endorphins, also known as "feel-good" hormones, which can boost your mood and reduce stress levels. Find an activity you enjoy – walking, jogging, dancing or practicing yoga – and aim to incorporate it into your daily routine.

To learn about other ways to reduce stress, visit [SouthwoodsHealth.com](https://SouthwoodsHealth.com) to read the rest of this blog. You'll also find additional blog posts with healthy lifestyle tips and useful resources to help boost your wellbeing.



## NEW SOUTHWOODS PHYSICIANS



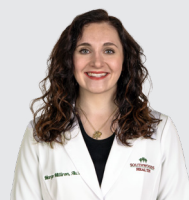
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## NEW SOUTHWOODS SERVICES

Southwoods Imaging is proud to announce the addition of Cardiac CT Calcium Scoring and Coronary CT Angiogram (CCTA) to its suite of services.

### CARDIAC CT CALCIUM SCORING

Also known as a coronary calcium scan, this noninvasive low dose CT scan assesses the amount of calcified plaque build-up in the heart's arteries. Results can determine a patient's risk of heart attack or stroke, and may show coronary artery disease (CAD) before symptoms arise.

### CORONARY CT ANGIOGRAM (CCTA)

This noninvasive imaging test examines the blood vessels in your heart, the coronary arteries. Using an injection of contrast dye, CCTA creates 3D images to determine if narrowing (stenosis) is present.

A doctor's order is required for these services. Cardiac Imaging hours are Monday through Friday from 7:30 am to 4:00 pm. Call 330-965-5100 to schedule your appointment today!



## SOUTHWOODS HEALTH

7630 Southern Boulevard  
Boardman, Ohio 44512

IT'S NOT JUST ABOUT  
**THE TREATMENT,**  
BUT HOW YOU'RE  
**TREATED.**

330-729-8000

[SouthwoodsHealth.com](http://SouthwoodsHealth.com)

[info@SouthwoodsHealth.com](mailto:info@SouthwoodsHealth.com)



Southwoods is proud to be locally owned and operated  
by the Muransky family and area physicians.



PHYSICAL THERAPY &  
REHABILITATION SERVICES

**YOUR**  
PATH TO  
**RECOVERY**



**SOUTHWOODS**  
**HEALTH**