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STAY IN THE GAME



Newsletter for all our Form & Function Family



Why the Surgeon-First Approach Costs You More

"I just want to see my surgeon first."

It's one of the most common things we hear at Form & Function Physical Therapy.

Someone comes in with a knee injury, shoulder pain, or a nagging back issue. They're hurting. They want answers. But before they commit to anything, they say: "I just want to get checked out by a surgeon first to make sure nothing is seriously wrong."

And honestly? That instinct makes complete sense. The problem is the road to that specialist appointment is often longer, slower, and more expensive than people realize. And while you're waiting, your injury doesn't hit pause.

Let's talk about what's actually happening during that wait, and why a thorough physical therapy evaluation might give you more clarity and more progress than you'd expect.

OVERVIEW:

- Why the Surgeon-First Approach Costs You More
- Monthly Offer
- Health Tips and Tricks
- Recipes We Love

A newsletter to our entire Form and Function Family to keep you updated on all the happenings in the clinic and to share helpful, entertaining information about your health and wellness. Find helpful tips and tricks on staying active and staying in the game, the game of life that is! We hope you enjoy this month's issue of Stay In The Game.

The Waiting Game Has Real Consequences

Here's what the timeline often looks like when someone decides to "see the surgeon first":

- Call your primary care physician for a referral
- Wait one to three weeks for that appointment
- Get referred to an orthopedic specialist
- Wait another two to six weeks for that appointment
- Imaging may be ordered (another scheduling delay)
- Follow-up appointment to review results

We're now potentially two to three months down the road. And in most cases? The specialist tells you to start physical therapy. That's not a knock on surgeons or specialists, they're incredibly valuable when surgery or advanced imaging is genuinely needed. But the truth is, the overwhelming majority of musculoskeletal injuries like joint pain, muscle

strains, tendon issues, back and neck problems are not surgical cases. They are movement problems. Tissue problems. Load and recovery problems.

And every week you spend waiting is a week your muscles are getting weaker, your movement patterns are being altered, and compensations are building up that make recovery longer and harder.

Time is not neutral when it comes to injury. Rest alone is rarely the answer. And delay almost always makes things worse.

What a Physical Therapist Can Actually Tell You

Here's something a lot of people don't realize: a skilled physical therapist is a highly trained musculoskeletal diagnostician.

At Form & Function Physical Therapy, your first appointment isn't just a quick intake form and a few basic exercises. It's a thorough, one-on-one physical

examination designed to identify the root cause of your pain or dysfunction, not just manage the symptoms on the surface.

During a comprehensive PT evaluation, we assess:

- Joint integrity and stability - Are ligaments and structural components intact?
- Neurological signs - Are there red flags that indicate nerve involvement or something requiring urgent specialist care?
- Strength and movement quality - Where are the deficits? What's being compensated for?
- Tissue health - Is this a tendon issue, muscle strain, joint irritation, or something else entirely?
- Functional limitations - What can't you do right now, and why?

Based on that evaluation, we can give you a clear direction:

- Active recovery and PT - Most cases fall here. We build a targeted,

Benefits of PEMF

There are both short term and long term benefits of PEMF therapy. Short form transformation benefits include:

- Alleviation of pain and inflammation
- Enhanced range of motion
- Swift recovery of functional abilities
- Prevention of muscle atrophy post-surgery
- Strengthened ligaments
- Expedited healing of skin wounds and nerve regeneration
- Utilizing guided PEMF therapy can also have extended benefits that include:
 - Boosted energy, circulation, and oxygenation of blood and tissue
 - Improved sleep quality, blood pressure, and cholesterol levels
 - Balanced immune system and accelerated cell regeneration
 - Muscle relaxation

As you can see, there are many benefits of utilizing PEMF therapy and the experts at Form & Function PT are happy to help you realize them through our guided PEMF therapy.

- personalized plan and start making progress right away.
- Structured rest with a guided return plan - Some presentations need a period of offloading before loading. We'll tell you what movements or activities are safe, and what we may need to shelf for a period of time before getting back to it. We'll tell you that honestly.
- Specialist referral - If we identify something outside our scope, or something that genuinely warrants imaging or a surgical consult, we'll tell you. Clearly. With urgency if needed.

We're not here to keep patients in the clinic when they need to be somewhere else. We're here to make sure you get the right next step as fast as possible.

When Should You Actually See a Surgeon First?

To be clear, there are absolutely situations where a specialist should be your first call. These include:

- Suspected fractures or dislocations
- Significant trauma with immediate swelling, deformity, or inability to bear weight
- Symptoms suggesting nerve compression with progressive weakness or loss of bladder/bowel control
- Severe, sudden-onset symptoms that are worsening rapidly

A qualified physical therapist will recognize these signs immediately and refer you out without hesitation. That's part of the job.

But a sore shoulder that's been bothering you for three weeks? A back that goes out every few months? These are not emergency surgical consultations. These are physical therapy cases and the sooner you start,

the better your outcome.

So there you have it! Wanting answers before starting treatment isn't the wrong instinct, it's actually a smart one. The issue is assuming that a surgeon is the only person who can give you those answers.

A thorough physical therapy evaluation can tell you whether you need active rehab, structured rest, or a specialist referral, often faster, more affordably, and with a clear action plan attached.

Every week spent waiting is a week your body isn't recovering. Don't let the search for certainty become the thing that holds your progress back. At Form & Function Physical Therapy, we give you real answers and real results because you deserve more than being told to wait and see.

If you're experiencing any of these, you should call us at 888-619-2885 to arrange an assessment with our team to fully diagnose your injury, and create a tailored recovery plan to avoid the pain getting worse, and to ensure you get back in the game quickly.

Product We Love



Joint NutraCare

Struggling with joint pain, stiffness, or swelling? Joint NutraCare helps support your body naturally, without harmful side effects, so you can move and feel better every day.

What Makes It Different?

This isn't just another supplement. Joint NutraCare is designed to support your body at the source, helping rebuild and protect your joints instead of just masking symptoms.

All-Natural. Real Results.

Our powerful blend of ingredients works together to:

- Support joint comfort and mobility
- Reduce inflammation naturally
- Promote healthy skin and aging
- Support hormone balance
- Strengthen bones and boost antioxidants

Move Better. Feel Better. Stay Active.

Promos of the Month

JUNE PROMO

20% OFF First IV Service

**10% OFF Any IV Service
For You & A Friend You Refer**

**FREE Vitamin B12 Boost
with Hydration IV Therapy**



25% Off Joint NutraCare For First Time Buyers On the Website



"I'll Give It a Few Days" And Other Things We Tell Ourselves After Getting Hurt

By: Trevor Field

What Most People Do After an Injury and Why It Usually Makes Things Worse

You felt something. Maybe it was sudden, maybe it crept up on you. Either way, something's off and now you're in that weird in-between space where it doesn't feel serious enough to panic, but it doesn't feel fine either.

So you do what most people do.

You wait.

"I'll Give It a Few Days"

That's a completely natural response. And honestly, for minor things, a little rest makes sense.

But here's what most people don't realize. Waiting isn't neutral.

While you're waiting, your body is busy. It's not pressing pause. It's adapting. It's finding ways to keep you moving in spite of the problem. That slight shift in how you're walking, the way you're unconsciously favoring one side, the tension you're holding around the sore spot which is all your body quietly compensating.

And compensations aren't bad in the short term. They're actually pretty clever. But left alone long enough, they become their own problem. A sore knee turns into a cranky hip. A stiff shoulder starts pulling on your neck. You came in with one thing and now there are three.

What's Actually Happening Under the Surface

Here's something worth knowing: the longer pain sticks around without being properly addressed, the more your nervous system gets involved.

Fresh injuries are loud and clear. Your body knows something happened and it wants you to know too. But when that signal keeps firing for weeks or months without resolution, things start to change. Your nervous system gets more sensitive around that area. Muscles stay guarded. Movement patterns shift. What was originally a straightforward injury starts to get layered and layered problems take longer to sort out than simple ones.

None of this is permanent. But it is a lot easier to deal with early than late.

What Getting Help Early Actually Looks Like

It's not dramatic. It's not intensive. It's just someone actually looking at what's going on.

A good assessment tells you what the problem is, where it's coming from, and what your body needs to actually recover. Not a generic program. Not a list of exercises to try. A real answer, specific to you.

And with that answer comes something most people are quietly desperate for after an injury: a clear path forward.

You know what you're dealing with. You know what to do about it. You stop guessing, stop waiting, stop managing symptoms that keep coming back and you actually start getting better.

You're Not Overreacting

If you're wondering whether it's worth getting checked out, that question alone is usually answer enough.

You don't need to be in serious pain to deserve a proper look. You don't need to have "waited long enough." Early attention doesn't mean you're being dramatic. It means you're being smart about something that matters your body, your movement, your ability to do the things you actually care about.

The people who recover well and recover fast aren't the ones who toughed it out the longest. They're the ones who stopped guessing and got a real answer early.



Ingredients

- 1 ½ cups whole wheat flour
- 1 cup rolled oats
- ½ cup white sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ cup semi-sweet chocolate chips
- 2 large eggs
- ½ cup unsweetened applesauce
- ¼ cup skim milk
- 1 cup mashed banana

How to Prepare Banana Chocolate Chip Oat Muffins

- Preheat the oven to 400 degrees F (200 degrees C). Grease 12 muffin cups or line with paper liners.
- Stir whole wheat flour, rolled oats, sugar, baking powder, baking soda, and chocolate chips together in a bowl. Make a well in the center.
- Whisk eggs in a separate bowl until frothy; mix applesauce, skim milk, and banana into eggs. Pour wet ingredients into well made in flour mixture; stir just to moisten. Batter will be lumpy. Fill the prepared muffin cups about ¾ full.
- Bake in the preheated oven until a toothpick inserted into the center of several muffins comes out clean, 16 to 18 minutes. Cool in pan for 5 minutes before removing to finish cooling on wire racks.