



Harnessing Technology to Speed Up Healing: The Power of EMS

We hope this newsletter finds you in good health and high spirits! As advocates for your well-being, we at LifeMotion are always on the lookout for innovative solutions to enhance your recovery journey. Today, we're excited to introduce you to a remarkable tool that can revolutionize post-surgery recovery and pain management: the HiDow EMS (or TENS) unit.

Commonly referred to as TENS (transcutaneous electronic nerve stimulator) units, electronic muscle stimulators pack a little more neuromuscular magic than a feel good tingle. Don't get us wrong, TENS units have a powerful place for pain relief by disrupting pain signals sent to the brain with those delightful tingles we have all come to love, but we want you to feel good and stay feeling good even after the machine is powered down. EMS units like the HiDow deliver electrical impulses to specific muscle groups being treated, mimicking the natural contraction pathway produced by the central nervous system. This means we can re-train how muscles fire! Muscles need help to fire if:

- they have atrophied due to disuse or a neurological condition
- been strained during a training session
- or the mind-muscle connection was disrupted due to surgery.

The best part? **EMS simultaneously provides pain control while the muscles are reactivating!** We are all about win-wins at LifeMotion! It can be daunting to think about starting physical therapy after a major surgery like a joint replacement or ACL repair. We all have heard that old adage that PT actually stands for "pain and torture," but we are all about busting stereotypes by using cutting edge technology and techniques to give you the lasting results you want.

Research has shown that activating the quadriceps muscle group following a total knee replacement is key to restoring muscle strength and range of motion after surgery. Starting off with activating the quads with an EMS unit can improve functional outcomes like walking and stair climbing long-term. Following ACL repairs, activating large leg muscle groups early can improve stability in the knee and reduce the risk of reinjury. As always, EMS + targeted exercises will get the best results!

Our expert physical therapists are committed to personalized care tailored to your unique needs. If you're considering integrating EMS therapy into your rehabilitation or pain management plan, we encourage you to schedule a consultation with one of our skilled practitioners. During your visit, we'll assess your condition, discuss your goals, and develop a comprehensive treatment plan that may include the use of an EMS unit.

[Schedule An Appointment](#)



Service Highlight: HiDow Unit (EMS)

Check out this video to see our HiDow unit in action! Remember: the goal is muscle contraction to improve strength and muscular balance! This portable unit allows patients to get in any position for appropriate muscle activation.

[WATCH VIDEO](#)



Client Spotlight: Lisa Parker

"Oh, I'm so sorry." Those words marked a twist in what was an otherwise routine total knee replacement for Lisa Parker. LifeMotion's founder, Dr. Ryan Smith, DPT, informed Lisa she appeared to have Arthrofibrosis—a rare complication afflicting less than 5% of those getting knee replacement.

"I had no idea," Lisa says. "I had pretty severe pain ongoing and just no range of motion. I had a stiff leg. I couldn't use the stairs; I couldn't walk properly. It was terrible."

What's worse, as she researched it, Lisa learned the condition could be permanent, leading to a complete loss of mobility, chronic pain, and stiffness.

"I thought, no, I'm not doing that," Lisa says. So began what she describes as an intense year-long course of physical therapy guided by LifeMotion's Dr. Trevor McKay, DPT.

"If I worked too hard, I would have inflammation that would increase the stiffness, but if I didn't do enough, I wouldn't be improving my range of motion," Lisa said. "Trevor was really good at looking and figuring and adjusting."

Lisa was vigilant. For almost a year, in addition to three to five weekly sessions, she completed an hour of daily home exercises—an important component of LifeMotion physical therapy.

"I went back to my orthopedic surgeon after a year and he couldn't remember anybody having such a fabulous recovery," Lisa says. "I said, it's a miracle. He said, 'no, it's hard work.' And I truly believe that hard work would not have been done if I'd been anywhere else. I've never seen anybody work with people like they do at Life Motion."

"They also worked well with my doctor," Lisa added. "Suggesting what I might be telling him, and he would get reports back. So it was like a team effort."

Today, Lisa is able to run again. Working with Trevor, she set that goal and started working out on LifeMotion's Alter-G Anti-Gravity treadmill, which creates a near-weightless running experience, reducing weight on your legs as you build strength.

Lisa describes LifeMotion as a place for everybody.

"I'll be next to a teenager who's trying to get back on her soccer team, and then there's an elderly woman who's got a shoulder injury," Lisa says. "They listen, they care, they're friendly, supportive—it's an encouraging happy place as soon as you walk in the door."

"I probably won't be running marathons, but I never thought I'd be running at all," Lisa says. "LifeMotion gave me confidence—you can only gain, there's nothing to lose."

A happy final twist for Lisa's LifeMotion experience.

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We're TulsaPeople A-List Winners!

Thank you so much for voting and your continued support of LifeMotion Physical Therapy. We are proud to be A-List winners for the fourth year in a row.

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A Message From Ryan

We are now two months into our new Electronic Medical Record system called Prompt and it has been a huge success! Thank so much of you for being patient during the transition. From online scheduling, to waitlist opportunities, to interactive home programs, to online bill pay, there is so much to love about the new system. And it is part of our larger mission at LifeMotion: We free patients to live again. This is our north star when we make decisions about how to best deliver care to each of you.

We know that injuries are a drag. The pain, the worry, the what-ifs. But know that there is hope for most injuries if you are patient, get the right team around you, and have access to the right tools and knowledge. And open, authentic communication is key - which is one of the main drivers for the switch to the new system.

But that is not the only advances we are making - from new electronic muscle stimulators, to top of the line focused shockwave, class IV lasers, blood flow restriction training, the AlterG Anti-Gravity treadmill, advanced dry needling, Solo Step harnesses, Right Eye Vision System, and much much more - our purpose is to help you get back to life, to live again without restrictions. So if you or a loved one have an orthopedic, pelvic health or balance issue - schedule a consult and learn how our expert physical therapists can get you back in LifeMotion!

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