

## **Mechanical Link: Pre- and Post-Surgery**

**By: Elizabeth Derringer, PT**

Mrs. B\* was scheduled for a bunionectomy that was complicated by allergies to all pain medication. At her request I agreed to help her through the process.

I began by using the Mechanical Link (ML) pre-surgery protocol. I did a complete evaluation of her body, including an ML treatment the day before surgery. Later, in the recovery room, I began with the ML Treatment and Self-Treatment protocol, using phase 1 of the Recoil technique to work with the lines of force, arteries and skin. I applied this very gentle technique over the surgical bandages.

Mrs. B said the discomfort was lessening even as she was coming out of the anesthesia. She returned home where I continued to treat her for the next 10 days.

Mrs. B was instructed to keep her feet elevated with a bag of frozen corn on the surgery site. The first 24 hours post-surgery were extremely painful, she said, but that lessened with each ML treatment. After 48 hours she was nearly pain-free and progressing nicely.

Five days later Mrs. B reported no pain at all. Surprisingly, she also had complete range of motion of her great toe, foot and ankle, and no swelling.

### **Mechanical Link Techniques Help Accelerate Recovery**

I continued working with Mrs. B using the lines of force, arteries, skin, viscera, spine, sternum, ribs and cranium, along with the peripheral joints. At a follow-up visit with her doctor 10 days post-surgery, there were no bruises or swelling and she was still pain-free. She was able to wear her own shoes and bear weight while using a cane three weeks later.

Eight weeks after the surgery Mrs. B was walking without any assistive device. She had a normal gait pattern and only slight discomfort when she became fatigued.

What a change this was from the normal physical therapy nightmare of seeing a patient six weeks post-surgery with sausage toes, no range of motion, extreme pain and a need for numbing narcotics. Most of these people cannot even think about getting back into their own shoes for nine months to a year. It would take months to progress as far as Mrs. B advanced in just days. And to her delight she was able to walk in her own shoes without using a cane.

Mrs. B is a fine example of how the Mechanical Link protocol effectively and efficiently assists patients pre- and post-surgery on the road to recovery.

*\*Name changed to protect confidentiality.*