Non-Surgical Treatment For Capsular Contracture Now Offered In New York

NY Sports Med is now offering expert non-surgical treatment for the most common complication following breast implant surgery, capsular contracture.

New York, NY (PRWEB) February 15, 2011 -- NY Sports Medicine and Physical Therapy (NYSM) is pleased to announce that they are now offering non-surgical treatment options for capsular contracture, the most common complication arising following breast augmentation surgery. The treatment consists of a combination of ultrasound, mobilization and stretching techniques performed by trained physical therapists, along with patient education on the proper use of compression bandages and at-home stretching exercises.

Capsular contracture occurs when the natural lining of fibrous tissue that forms around an implant following surgery begins to constrict or tighten. When this occurs, the constriction of the lining causes the implant to become firm, and in some cases modifies the shape or position of the implant within the breast. If the condition is not treated and constriction continues further, it can lead to shape distortion, improper positioning and pain.

Up until fairly recently, the primary treatment for capsular contracture was surgical revision, in which the surrounding tissue causing the constriction is removed. This is an invasive procedure involving some inherent risks, including the chance that the lining can tighten again during subsequent healing. It also requires additional recuperation time and significant expense. The treatment offered by NYSM, on the other hand, is non-invasive and involves application of ultrasound to the breast to soften the tissue surrounding the implant, which is pain-free, followed by mobilization and stretching techniques performed by a highly trained physical therapist. When treatment is initiated early, it can be more than 95% effective in eliminating complications.

“Physical therapy and ultrasound is always preferable to surgery,” explains Krista Simon, a physical therapist at NYSM that performs capsular contracture therapy. “The problem is that many women either don’t know that it’s an option, or feel uncomfortable seeking help from someone other than the doctor that performed their initial surgery. But, if they can address the problems early on, using ultrasound and mobilization techniques can be a much better way to deal with this problem. It has virtually no risks and no additional healing time, unlike surgical revision, and it is also a much less expensive option.” At NYSM, treatment for capsular contracture is only performed by female physical therapists, to make the patient feel as comfortable and at ease as possible. It is handled discreetly and in a sensitive and caring manner.

In addition to offering capsular contracture therapy and treatment for other complications arising from breast implant surgery, NY SportsMed is a premier provider of sports medicine, physical therapy services and other special programs related to the field of physical therapy. They employ some of the finest and most highly trained physical therapy professionals world-wide and the practice is headed up by a board-certified doctor of sports medicine, Dr. Michael J. Neely. NYSM has three locations throughout Manhattan.

NY Sports Medicine and Physical Therapy offers capsular contracture therapy, as well as treatment for other complications arising from breast implant surgery, in one of their three state-of-the-art medical facilities in Manhattan. Treatment is non-invasive, entails minimal to no risk, and is administered in a caring and discreet manner by a highly-trained female physical therapist. For more information about NYSM or their capsular contracture treatment options, visit http://nysportsmed.com or call 212-750-1110.

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