

# Rehab News



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

## After a Joint Replacement – Therapy's Role in Recovery

These days, damaged joints can be safely removed and replaced with new ones via a surgical procedure known as joint replacement surgery. Joint replacements are a fairly common procedure with more than 1 million patients in the U.S. undergoing joint replacement surgery every year.

The functionality of joints can be affected by a number of factors, including injuries, arthritis, and various other chronic diseases. In more than a few cases, joint damage may be the result of extreme wear and tear. Replacing damaged joints can improve mobility, alleviate pain and discomfort and enable patients to feel and move much better.

### What to expect after surgery...

After undergoing surgery, patients will experience pain, swelling and stiffness in the new joint, along with muscle weakness. After surgery, patients will either be discharged to a rehabilitation center or directly home with outpatient therapy orders. For hip and knee replacements, patients will often stand or begin walking the day of surgery. Rehabilitation is an important and critical part of the recovery process and treatment is focused on restoring range of motion and strengthening muscles to build a strong, sturdy support system for your new joint. Therapeutic programs help to reduce pain, build strength, promote healing and restore mobility.

#### Physical Therapy (PT)

- Therapeutic exercises to regain flexibility, strength, function and balance
- Learning to walk and climb stairs with adaptive equipment
- Pain reducing technology and thermal modalities

#### Occupational Therapy (OT)

- Techniques to reduce strain on your joints during daily activities
- Recommendations to modify your home and workplace environments

HTS therapists utilize best practices for treating orthopedic conditions. Our specialized **Fast Track** orthopedic recovery program is designed to accelerate healing for patients recovering from a joint replacement, fracture, or injury. Using the most successful therapy treatments with proven results, our programs are reducing healing time when possible.



### Do I need to have my joint replaced?

If you are having severe pain that makes it difficult to walk, climb stairs, get up from a chair, or carry on with other normal activities, talk with your doctor about your treatment options. Your doctor can discuss the benefits of surgery and risks to determine if joint replacement is right for you.