



Having orthopedic surgery?

Get a head start on recovery with Pre-op Physical Therapy

Who: A SSPT therapist will meet one-on-one with the patient

What: Pre-op rehab to include a comprehensive evaluation, appropriate pre-op exercise, and education regarding their post-op recovery

When: Contact SSPT rehab prior to surgery to schedule an appointment

Where: see website for location details in Lakeway and Cedar Park

(www.spineandsportspt.org)

Why: A 2014 study has found that as few as 1 to 2 sessions of preoperative physical therapy can reduce postoperative care use by 29% for patients undergoing total hip or knee replacement, adding up to health care cost savings of more than \$1,000 per individual. (*J Bone Joint Surg Am*, 2014 Oct 01; 96 (19): e165)

- Establish baseline data (ROM and strength impairments) which is helpful when assessing post-op status and recovery potential.
- Our highly accurate handheld dynamometers measure strength in pounds. This allows comparison of the involved and uninvolved areas and documents progress from the pre-op status to the post-op condition.
- Education is provided to facilitate realistic expectations of the recovery process.
- Increase safety and reduce fall risk by preparing for relevant household changes, modifications to ADL's and assistive device usage.
- Re-enforce post-op restrictions, eg. weight bearing, ROM, return to sports...
- Eases anxiety regarding the surgical and recovery process.
- Practice donning / doffing braces if needed.
- Discuss ergonomic changes to prep for return to work.
- Learn pain reduction techniques.

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