



What can Rehab do for you?

Rehabilitation for Joint Replacement



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- A joint replacement is an operation to replace the worn or damaged parts of your joint. The surfaces of the diseased or fractured joint are removed and replaced with a mechanical, artificial joint that is called a prosthesis.
- After your total hip replacement surgery, orthopedic surgeon may put restriction on weight bearing while performing standing activities and also restrictions on some movement at the hip. These restrictions are temporary and at surgeon discretion.
- *Physical Therapy treatment will focus on:*
 - o Bed mobility activities such as getting in and out of bed, scooting, rolling.
 - o Transfers into wheelchair, car, couch. This activity can be little challenging while following restriction of movements at the hip after hip or knee replacement due to limited range of motion.
 - o Strengthening and improving ROM is one of the main goals of rehab.
 - o Progressing patient in ambulation from parallel bars, to walker to less restrictive assistive device.
 - o Most patients have some temporary pain after joint replacement as the tissues heal and muscles regain strength. This pain should go away in a few weeks or months. Nursing and your physician at the facility

will work closely to help manage the pain.

- *Occupational Therapy will focus on:*
 - o Education and hands on treatment on how to safely perform your activities of daily living.
 - o Upper and lower body dressing using adaptive equipment such as dressing stick, reacher, shoe horn, etc, so you can function independently while following hip precautions after hip replacement.
 - o Transfer training to get in and out of bath tub and on/off commode, again following hip precautions.
- Hip and knee replacement surgery is a very successful and safe operation. The greatest majority of patients who have had a joint replacement are able to resume most of their activities and able to live an active and pain free life



For more information and this and other areas of rehabilitation, please give us a call or stop by.



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Facility Name

Address

Phone Number