

Pre & Post Op



Pre and Postoperative PT

Improve outcomes by seeing a physical therapist before and after surgery

Whether we're referring to joint replacements, spinal procedures, or ACL reconstruction, research has shown that physical therapy before and after surgery has a positive effect on outcomes. Pre and postoperative physical therapy can facilitate the healing process and reduce the amount of time needed to return to normal activities.

Physical therapy before surgery, or "pre-hab," can help set people up for success by getting their bodies and minds ready for surgery. Physical therapy interventions can reduce swelling, improve range of motion, increase muscle activation, and provide education to patients about postoperative expectations, safety, and what they can do between surgery and their first postoperative physical therapy visit. Even just one or two pre-hab visits can make significant changes to patient outcomes and make the initial recovery process easier.

Postoperatively, physical therapy will first include a review of any precautions or restrictions, followed by an assessment of baseline function in order to measure progress over time. Initial treatment will be customized to meet the needs of each patient, which typically requires manual therapy to facilitate tissue healing and to restore range of motion. Early intervention also includes any muscle activation and stabilization that falls within any protocols or restrictions. Treatment then progresses to increase one's tolerance to daily and recreational activity through activity specific exercises. Contact us today to learn more about how we can help your patients prepare for and recover from surgical procedures.

About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

PATIENT SATISFACTION



4.9 OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

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NEW PATIENTS**
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