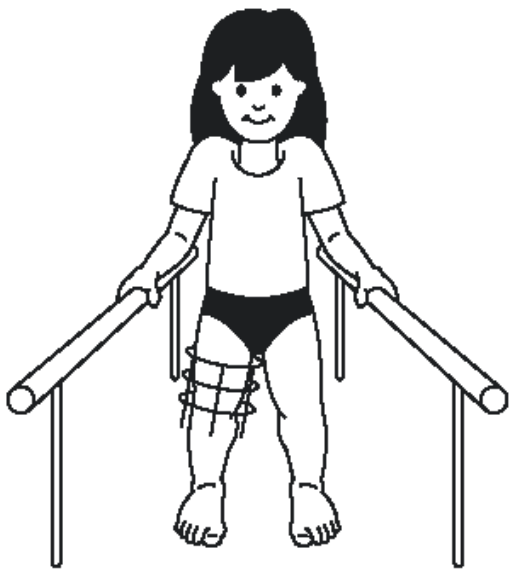


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GETTING BACK TO NORMAL

Have you had a total knee replacement or other type of orthopedic surgery? McMeen Physical Therapy can help! >>



With so many people undergoing total joint replacements and other orthopedic surgeries rehabilitation before and after orthopedic surgery is very important on a patient's road to recovery.

By starting a pre-op program 2-4 weeks prior to surgery we can significantly improve the outcomes of the rehab process post-operatively. Teaching a patient basic post-op exercises prior to surgery dramatically reduced the learning curve making the first week of their post-op recovery more successful and less stressful.

During the pre-op phase we focus our treatments on regaining full ROM and functional strength while teaching the patient how to complete activities of daily living with crutches, a walker or other adaptive devices that they will need after surgery. Educating the patient on what to expect during and after surgery and the first week of recovery is also a vital portion of the pre-op phase.

During the post-op rehabilitation phase we work closely with the orthopedic surgeon and family physician to monitor the patient's progress while they advance through the proper rehab protocol. We send progress reports with the patient to each follow up doctor's visit and will contact the physician if anything out of the ordinary occurs. Post-op goals will include restoring normal ROM and strength while controlling pain, and swelling and monitoring physical activities.

Anyone who is planning on or has undergone an orthopedic surgery will benefit from physical therapy. Ask your doctor how physical therapy can help you or contact McMeen Physical Therapy for more information.



"Your Movement Rehabilitation Specialists"

CONTACT US FOR MORE INFORMATION

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