



PRO THERAPY

Progressive Rehabilitation Orthopedic Therapy, Inc.
1948 Mesquite Ave, Ste.101
Lake Havasu City, AZ 86403

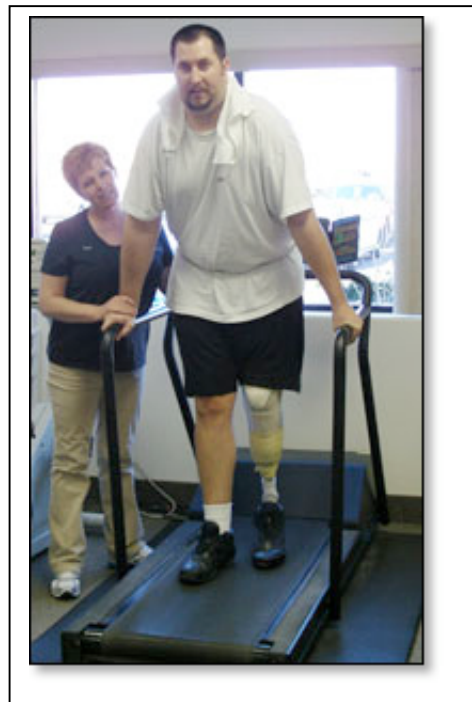
Phone: 928• 854•4776 Hours: Monday - Friday 8AM - 5PM

Rehabilitation:

Preparing you for the activities of life.

THE OLD ADAGE "THE OLDER I GET, THE BETTER I WAS" DOESN'T APPLY ANYMORE. THANKS TO ADVANCES IN ORTHOPEDIC SURGERY, TOTAL JOINT REPLACEMENTS ARE HELPING MANY INDIVIDUALS KEEP AND IMPROVE THEIR ACTIVE LIFESTYLES.

Total joint replacement for a degenerated hip or knee is a big decision, made by a patient in close communication with their orthopedic surgeon. There are many reasons for undergoing a joint replacement, which your orthopedic surgeon would determine and discuss with you. These may include pain, advanced joint degeneration or quality of life considerations.



A vital component of any procedure is post-surgical rehabilitation. This is done generally 2-5 days following release from the hospital. The rehabilitation is performed by a licensed physical therapist in an out patient setting. Rehabilitation for a total joint replacement should focus on many areas, including: early mobilization, home exercises to increase strength and endurance, gait training to improve walking, and balance to increase abilities.

While there are general procedures common to all rehabilitation programs, each patient is different and requires personalized focus to achieve optimum results. Generally, a patient will visit a physical therapist two to three times per week for six to eight weeks. It's important to choose a physical therapist that will consult your surgeon during the course of recovery to ensure the best possible results and cater your rehab program to fit the needs of your lifestyle.

Whether your passion is golf, tennis, hiking or biking, your physical therapist should tailor a program to suit your hobbies and activities.

Disclaimer: This is for information only. Not to be used as medical advice. Consult your doctor for advice.

The staff at PRO Therapy has provided the above article or informational purposes only.



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