



BROSTROM PHYSICAL THERAPY

~MONTHLY NEWSLETTER~

November 2018

Physical Therapy Post-Surgery

From the desk of: Carly Bernadotte, PT, DPT

Physical therapy after surgery is almost always recommended, but it's not always the top priority for patients. Undergoing a surgical procedure can be traumatic, both physically and emotionally, so many patients tend to focus on the operation itself and not the recovery. However, the rehabilitation process is just as important after a successful procedure when it comes to achieving a full recovery.

We'll be the first to admit that physical therapy isn't always comfortable or convenient; however, there are several benefits to receiving physical therapy post-surgery, including:

- 1) **Regaining full range of motion, mobility, and strength.** Undergoing any orthopedic surgery can leave you without your full or previous range of motion and strength. Your physical therapist will be able to guide you safely into gaining full range of motion of the affected body part. Once mobility has been achieved, they will help you strengthen accordingly so you can move through your full range of motion on your own.
- 2) **Returning to daily activities.** Surgery can often restrict the type and amount of daily activities you perform. In addition to your physical therapy sessions where hands-on work and exercise can be completed, physical therapists often provide facilitation for the return to daily activities and instruction for safe completion of those activities.
- 3) **Ease pain and swelling.** Surgery can leave some discomfort in the affected joint and surrounding area. Physical therapy can aid in reducing pain and swelling to encourage optimal outcomes.

The knee is the largest joint in the body—and the most frequently replaced via surgery. Physical therapy is often recommended after a total knee replacement since many patients experience a weakened quadricep. Physical therapy is important to address these deficits within the first months after surgery, or else the risk of persistent quadricep weakness increases. Functional activities such as walking, climbing stairs, and overall pain levels have been shown to improve with increased quadricep strengthening. Physical therapy can also help to achieve rapid improvement of this muscle after surgery, which creates better long-term outcomes.

It's important to remember and keep in mind that even though a surgery may last a few hours, appropriate rehabilitation and recovery time will look different for different people and procedures, possibly taking anywhere from a few weeks to a few months to complete. This is why it's important to speak with your Physician and physical therapist before the actual surgery so you know what you can expect in terms of recovery time. Knowing what to expect can help you mentally and physically prepare for what's ahead.

Please do not hesitate to contact us if you are in need of physical therapy post-surgery! Our staff is highly qualified and experienced with developing and delivering plans of care for post-surgery patients. In addition to the hands-on care you will receive in our facility, we also provide frequent communication to your surgeon regarding your physical therapy and overall recovery process.

Quote of the Month:

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." - Oprah Winfrey



Recipe of the Month: Perfect Roast Potatoes

Yield: 6 **Cooking time:** 35 minutes

Preparation time: 10 minutes

Ingredients:

- 6 medium Desiree potatoes, scrubbed
- 100 ml (3 & 1/2 fluid oz) olive oil
- 2 cloves of garlic, unpeeled
- 2 sprigs of rosemary, roughly chopped
- Sea salt & pepper (if desired)

Directions:

1. Heat oven to 200° F. Bring a large saucepan of water to boil and add the potatoes. Parboil (partially cook) for 5 minutes then drain. Cut the potatoes into bite-size pieces.
2. Place the oil in a large roasting tin and warm the tin briefly into the oven. Add the potatoes, garlic, and rosemary and season well with plenty of sea salt and pepper if desired. Roast for about 35 minutes, turning occasionally, until golden. Remove the garlic cloves before serving if desired.

Recipe credit to: <https://www.houseandgarden.co.uk/recipe/roast-potatoes>

For information about our clinic, therapists, or physical therapy in general, we encourage you to check out our user-friendly (and mobile-friendly) website! Please visit us at www.brostrompt.com.

Spotlight on...

~ Carly Bernadotte ~



Carly joined our practice in September 2018. She possesses a Doctorate Degree in Physical Therapy from The University of North Carolina (Chapel Hill) and extensive clinical experience in outpatient orthopedics. She is Otago Certified and is passionate about fall prevention and developing plans of care for deconditioning, poor balance, and gait disturbances.

Her treatment interests include spinal conditions, joint replacements, and musculoskeletal conditions of the shoulder, knee, ankle, and hip.

In her spare time, Carly enjoys traveling, hiking, cooking, running, and being active.

Carly will be treating patients on a full-time basis...
We welcome you, Carly!

Brostrom Physical Therapy

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