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Paragon Orthopedic Center

Grants Pass, Oregon

The Utmost Importance of Orthopedic Physical Therapy

After you have orthopedic surgery, your surgeon will most likely order post-surgical rehabilitation, or physical therapy, for optimal recovery. Physical therapy will get you back to moving your muscles and joints smoothly, yet when Dr. Bents discovers a post-op recovery that is not going well, they frequently find the patient did not do the physical therapy. Some find it a hassle, or some claim it's too hard. Obtaining the best outcome after your surgery could depend on whether you do the physical therapy. It's that important. Physical therapists have gone through a rigorous 6 to 8 years of college and post-graduate training to diagnose and treat your musculoskeletal problems. Most physical therapy programs require completion of a doctorate, meaning your physical therapist is a Doctor of Physical Therapy and has a lot of knowledge about how to get you comfortably moving in the least amount of time after your orthopedic surgery. The problems they treat might originate from your ligaments, joints, muscles, tendons, or bones. The main objectives of a physical therapist after orthopedic surgery are:

- Reduce pain and inflammation
- Return you to normal movement patterns
- Prevent or limit scar tissue formation that impedes movement
- Improve your range of motion
- Regain balance and strength

Surgeons often send you to physical therapy for a chronic injury such as carpal tunnel, shin splints, or tennis elbow. In these cases, the PT will work to reduce pain and/or swelling to regain motion and function.

WHAT IS USED IN PHYSICAL THERAPY?

There are two categories of treatments: active and passive. The active treatments are a lot of what you see when you enter a physical therapy office, such as machines that look like they came from a gym, a pool, and mats for stretching. You are supervised to maintain alignment and good body position because our bodies sometimes move in subtle ways that exacerbate the problem. Passive modalities are those where the therapist is hands-on and does the treatment for you.

Treatments within these two categories are:

- Hot/cold
- Exercise therapy
- E-stim
- Laser or light therapy
- Kinesiology taping
- Soft tissue manipulation
- Joint mobilization
- Hydrotherapy
- Traction
- Dry needling

Physical therapy may serve to avoid surgery. Dr. Bents and staff use physical therapy often and expect you to put in the time for it, so you can have great balance, strength, and quality of life. You will be expected to do exercises at home to supplement your PT visits for the best possible outcome.