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Finding Relief After Total Joint Replacement

Health & Wellness Newsletter

Have you had a recent total joint replacement of the knee or hip? Do you still have pain or weakness when walking, climbing stairs, or squatting down to retrieve a dropped item? You may benefit from physical therapy after surgery.

At AgeWell Physical Therapy & Wellness, P.C., our physical therapists can provide you with the guidance you need to restore your motion, strength, and ability to perform daily activities without pain or limits!

A total joint replacement is a surgical procedure where the arthritic or damaged joints are removed and replaced with a device called a prosthesis. The prosthesis is designed to replicate the movement and function of a normal joint.

Our clinic provides joint replacement rehabilitation to those who had a replacement procedure or even those experiencing limitations months and even years after their procedure.

If your knee and/or hip joints are a constant source of pain, weakness, or limitation in any way, AgeWell Physical Therapy & Wellness, P.C. can help provide you with some relief.

Call today to schedule an appointment with one of our specialists!

How To Tell When You Need A Joint Replacement

If you have tried treatments including medication, physical therapy, and activity modifications without relief, you may be a candidate for a total joint replacement.

The most common reasons for a joint replacement include:

- **Severe joint damage.** This is typically due to advanced/end stages of osteoarthritis or rheumatoid arthritis.
- **Severe trauma to the joint(s).** Fractures and dislocations often lead to joint replacements. Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.
- **Chronic pain.** If your pain constantly affects your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may require total joint replacement surgery, it is essential to prepare yourself for the process.



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What Can You Do To Prepare For Total Joint Surgery?

Consulting with one of our physical therapists can help prepare you physically, mentally, and emotionally for your upcoming surgery. Understanding what to expect has been shown to help achieve post-operative goals faster.

Our pre-operative assessment and treatment session helps decrease the length of stay post-operatively, reduces anxiety before and after surgery, improves self-confidence, and establishes a relationship with your physical therapist.

You can help ensure a smooth surgery and speedy recovery by planning. You can also ensure an early return of your function by learning what to expect and what exercises to perform. In addition, you can take steps to manage your first weeks at home by arranging for help and preparing with assistive items, such as a shower bench or a long-handled reacher.

Physical Therapy After Total Joint Replacement

Whether you have total hip or total knee replacement, physical therapy will be necessary for rehabilitation. Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint.

Your initial appointment will consist of a physical

evaluation to determine what course of treatment will be best for your needs. Your physical therapist will create a specialized treatment plan based on your assessment to rehabilitate and bring you back to your optimum physical health.

At first, your treatment plan will consist of passive physical therapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan.

After your passive therapy, you will continue into active physical therapy treatments. These will include strengthening exercises, balance, and gait training to ensure you progress while simultaneously preventing falls or other injuries that could inhibit your progress.

In addition, at-home treatments will help make your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

Call Today To Schedule Your Appointment

If you believe you could benefit from our total joint replacement rehabilitation services, contact AgeWell Physical Therapy & Wellness, P.C. today. We will get you back to living your best life, free from pain and limiting knee or hip pain!

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5919221/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7462050/>
<https://www.sciencedirect.com/science/article/pii/S1063458419309288>
<https://www.sciencedirect.com/science/article/abs/pii/S088354031830528X>

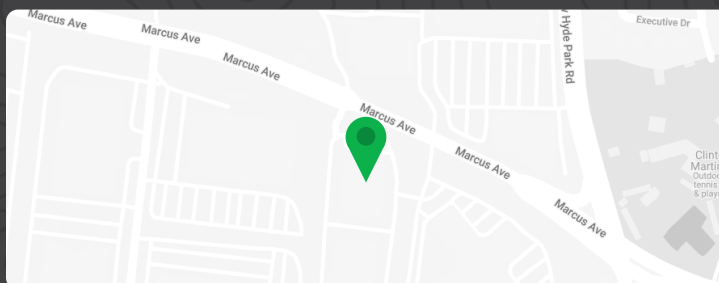
List of Services

- Physical Therapy
- Geriatric Physical Therapy
- Manual Therapy
- Ultrasound
- Massage Therapy
- Therapeutic Exercise
- Electrical Stimulation
- Kinesio Taping
- Myofascial Release
- Occupational Therapy
- Hand Therapy
- Home Therapy
- Diagnostic Testing
- EMG/NCS Testing
- Musculoskeletal
- Ultrasound Imaging

Click Here To Call Us Today!

Having both hips replaced stopped the pain, but you all gave me my life back! Thank you for your patience and encouragement which helped me regain my strength and stamina so that I'm now able to once again engage in activities I love, like gardening and dancing. *I would highly recommend AgeWell to anyone in need of physical therapy and I would certainly come back if I'm ever in need of PT again.*

Anita P.



Our Location

1999 Marcus Avenue, STE M-15
Lake Success, NY 11042
(516) 488-8808

Request Appointment

Give us a call at **(516) 488-8808** or visit **www.AgeWellPT.com** today!