

Rehabilitation

The Rehabilitation Department consists of Physical, Occupational, Speech, Activity, and Recreational Therapists. Rehabilitation can occur at any point of your care. You are able to see therapists as an inpatient, as an outpatient, or while you are home bound. Your doctor will determine which therapist you see and for how long.

PHYSICAL THERAPY (PT)

Following surgery, you will be evaluated and treated by a physical therapist. This may start as soon as the very next day. A PT will assist you with getting out of bed and on moving safely in accordance with the recommendations of your orthopedic surgeon. A PT will teach you how to increase your mobility. You may require an assistive device to walk safely such as a cane, walker, or crutch. Your therapist can make this decision based on your strength, coordination, and ability to follow instructions. Upon discharge, you and your caregiver may be educated on the device to ensure confidence and understanding of your home program.

OCCUPATIONAL THERAPIST (OT)

An occupational therapist will assist you in regaining your previous level of independence. The OT will evaluate your level of functional independence and work with you to develop goals for therapy. Following surgery, a person's ability to take care of their daily living tasks can be impaired due to pain, restrictions of movement, or weakness. An OT will provide you with the opportunity to perform daily living tasks safely through training in the use of adaptive equipment. You will also go through a strengthening program and learn special techniques that conserve energy. Occupational therapy will enable you to return home safely and with confidence following your orthopedic surgery.



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