

# Benefits of Pre- and Postoperative Physical Therapy



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## How to Transform Your Recovery With Pre- & Postoperative Physical Therapy

Have you or a loved one been scheduled for a total hip or knee replacement surgery? Are you looking to do whatever you can to get the best possible outcomes? At Boulet Physical Therapy, our physical therapists can help you prepare for surgery and guide you to optimal results afterward!

Joint replacement surgeries have become increasingly common due to various causes, such as osteoarthritis, rheumatoid arthritis, and trauma. In the United States alone, over one million total hip and knee replacement surgeries are performed yearly, with numbers projected to continue to rise.

Total hip and knee replacements can significantly improve a patient's quality of life by reducing pain and improving joint function. However, the recovery process can be challenging and may require extensive rehabilitation. This is where physical therapy comes in at Boulet Physical Therapy. Pre-operative physical therapy can prepare patients for surgery by improving strength, range of motion, and endurance. Postoperative physical therapy can facilitate recovery by reducing pain, improving mobility, and restoring function. By working closely with our physical therapists, you can improve their chances of a successful surgery and enhance your overall function, leading to a better quality of life.

**Call Boulet Physical Therapy today, request an appointment, and learn more about our pre and postoperative programs!**

A woman with curly hair, wearing a black t-shirt, is shown tearing a piece of yellow paper. She is smiling and pointing towards a QR code that is revealed behind the paper. The background is a solid yellow color.

**START YOUR RECOVERY  
JOURNEY TODAY!**

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the QR code below  
to schedule an  
appointment.

**337.264.9856**

# Pre-Operative Strategies & Techniques

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A growing body of research has demonstrated that physical therapy interventions can significantly improve outcomes and reduce complications after joint replacement surgeries. People who received pre-operative physical therapy typically had a shorter hospital stay and were more likely to be discharged to their homes.

## **Pre-operative strategies and techniques used by physical therapists for hip and knee replacement surgery include:**

- **Pre-operative education:** Physical therapists educate patients on what to expect before and after surgery. We'll discuss the importance of early mobilization and how to use assistive devices (i.e., crutches or walkers).
- **Exercise programs:** Physical therapists create individualized exercise programs to improve strength, range of motion, and hip and knee joint endurance. This helps in better surgical outcomes and quicker recovery.
- **Pain management:** Physical therapists use techniques to manage pre-operative pain, such as TENS, heat, ice, and manual therapy.
- **Home evaluation:** Our physical therapists evaluate your home to assess potential hazards and suggest modifications or adaptive equipment that may be necessary after surgery.

If you want the best possible outcome, our Boulet Physical Therapy physical therapy interventions significantly improve outcomes and reduce complications after hip and knee replacement surgery. These interventions also enhance the patient's overall physical function, leading to a better quality of life.

## **What to expect at your Boulet Physical Therapy physical therapy sessions after joint replacement surgery**

Physical therapy at Boulet Physical Therapy is critical for patients undergoing pre-operative and postoperative hip and knee replacement surgery. Our team will perform a comprehensive evaluation to design individualized treatment plans that include a variety of techniques to ensure you can maximize your recovery.

Postoperative evaluations focus on assessing your functional abilities and establishing an appropriate care plan. We'll use techniques, including TENS, heat, ice, and manual therapy, to manage postoperative pain, reduce swelling, and promote healing.

Our team will provide education on postoperative precautions, such as avoiding certain movements or activities and how to manage swelling and signs of infection. Research has also found that postoperative physical therapy patients have better functional outcomes and fewer complications. Our postoperative programs for hip and knee replacements typically include the following:

- **Early mobilization:** Physical therapists encourage patients to start walking with assistance the day after surgery to prevent blood clots and to promote faster recovery.

- **Range of motion exercises:** Physical therapists use gentle exercises to improve the joint's range of motion and prevent stiffness.
- **Strengthening exercises:** Physical therapists gradually progress with strengthening exercises to improve the hip and knee joint function.
- **Pain management:** Physical therapists use TENS, heat, ice, and manual therapy to manage postoperative pain.
- **Gait training:** Physical therapists assist patients with learning how to walk with an assistive device such as crutches or a walker.
- **Education on precautions:** Physical therapists educate patients on postoperative precautions such as avoiding certain movements, how to manage swelling and signs of infection, and when to call their surgeon.
- **Home exercise program:** Physical therapists create an individualized home exercise program to continue strengthening and improving the hip or knee joint function after discharge.

Physical therapy at Boulet Physical Therapy is vital for total hip and knee replacement surgeries in pre-operative and postoperative care.

## **REQUEST AN APPOINTMENT TODAY!**

Take charge of your recovery and maximize your outcomes with pre- and postoperative physical therapy for total hip and knee replacement surgery. Contact Boulet Physical Therapy today to schedule an appointment and learn more about our pre-operative and postoperative programs!

Sources: <https://onlinelibrary.wiley.com/doi/full/10.1002/acr.22841> • <https://bmjopen.bmj.com/content/7/5/e016114> • <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>



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# Patient Success



***"After 1 ½ weeks I am without pain."***

*"Dry Needling by Taylor Fontenot, PT at Boulet Physical Therapy was a miracle treatment for me. I had 2 weeks of extreme piriformis and sciatica pain with difficulty walking. After that one Dry Needling, my pain level was miraculously reduced so I was able to incorporate stretches and strengthening exercises. After 1 ½ weeks I am without pain. Thank you so much!!" — D.R.*



## Sweet Potato & Black Bean Chili

### INGREDIENTS:

- 1 tbsp plus 2 tsp extra-virgin olive oil
- 1 medium-large sweet potato, peeled & diced
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 tbsp chili powder
- 4 tsp ground cumin
- ½ tsp ground chipotle chile
- ¼ tsp salt
- 2 ½ cups water
- 2 15-oz cans black beans, rinsed
- 1 14-oz can diced tomatoes
- 4 tsp lime juice

**DIRECTIONS:** Heat oil in a Dutch oven over medium-high heat. Add sweet potato and onion and cook, stirring often, until the onion is beginning to soften, about 4 minutes. Add garlic, chili powder, cumin, chipotle and salt and cook, stirring constantly, for 30 seconds. Add water and bring to a simmer. Cover, reduce heat to maintain a gentle simmer and cook until the sweet potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat and simmer until slightly reduced, about 5 minutes. Remove from heat and stir in cilantro.

<https://www.eatingwell.com/recipe/250222/sweet-potato-black-bean-chili/>

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## ARE YOU KEEPING UP WITH YOUR APPOINTMENTS?

*By ensuring you are staying on track with your physical therapy appointments with our clinic you will stay on the road of better health and wellness.*

*Consistency is incredibly important in order to achieve the results you want. Contact us today with any questions or to schedule your next appointment by calling or going online today!*

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## SPREAD THE LOVE!

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