

# Services

## Post Surgical Rehabilitation

### Post-Surgical Rehabilitation at Mt. Lehman Physiotherapy Abbotsford

Post-surgical rehabilitation requires a plan to make sure you can regain your previous activities. Physiotherapy can help with your fuller recovery. Your physiotherapist at Mt. Lehman Physiotherapy in Abbotsford will work as part of your rehab team with your surgeon.

After a thorough assessment, your physiotherapist will custom design a program to help you increase your activity level and motion. Our goal is to support your healing so you can return to your normal activities as quickly as possible.

Physiotherapy at Mt. Lehman Physiotherapy in Abbotsford offers rehabilitation for post-surgical patients from surgeries including:

- Total hip replacement
- Shoulder Rotator cuff repair
- Ankle reconstruction
- Total knee replacement
- Elbow reconstruction
- Spine surgery
- Shoulder replacement

# How Can Physiotherapy Help After Joint Surgery? Post-Surgical Rehabilitation in Abbotsford

After your surgery, the physiotherapists at Mt. Lehman Physiotherapy in Abbotsford offer a supportive, healing environment and various healing modalities to help you regain your highest possible functional level. Our patients find physiotherapy helps in many ways:

**Pain Management** – Your physiotherapist will implement your custom treatment plan with soft tissue techniques, gentle manual therapy, and other therapy aids to help you manage your pain.

**Avoids Muscle Wastage** – Specific exercises ensure muscle wastage is kept to a minimum. You will start early and work on a series of tailored exercises to keep pace with your improvement. Less muscle wastage means reduced recovery times.

**Reduces Formation of Scar Tissue** – Scar tissue can reduce your range of motion and cause pain. Physiotherapy techniques help reduce scar tissue formation and help desensitize affected nerves.

**Improves Functional Ability** – A physiotherapy rehabilitation program helps restore and improve your functional ability. Your physiotherapist will recommend a combination of modalities to improve your function in a graduated way without aggravating your injury.

**Increases Joint Stability** – Joint stability is critical to making a full recovery. Physiotherapy helps you regain the stability of your joint with a custom exercise program and neuromuscular training.

**Education** – Education is a big part of physiotherapy. Your physiotherapist will provide you with post-surgery information to help with your recovery. They will help you with issues like:

- Understanding your surgery. What is the normal healing process? What are typical recovery times?
- Modifications to activities of daily living
- Possible complications after surgery
- Effective pain and recovery management strategies
- How to use mobility aids like crutches, canes, or walkers
- How to avoid aggravating the joint

Contact Us at Mt. Lehman Physiotherapy as early as possible. Talk to us before or after your surgery about Post-Surgical Rehabilitation in Abbotsford.

Make an Appointment

Request an Appointment

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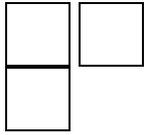
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