



Transform Your Recovery

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 OSR, 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 OSR.

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 OSR today, request an appointment, and learn more about our pre and postoperative programs!

What are the most common physical therapy strategies before joint replacement surgery?

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 OSR 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.



We Can Help you Heal.
Call 1.480.360.3921 Today!

What To Expect After Joint Replacement Surgery

Physical therapy at OSR 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 OSR 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 OSR 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/7/15/e016114> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5919221/> - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC462050/> - <https://www.sciencedirect.com/science/article/pii/S1063458419309288> - <https://www.sciencedirect.com/science/article/abs/pii/S088354031830528X>

At-Home Exercise

Single Leg Squat

Stand facing away from a chair and raise one leg straight out in front of you. Slowly bend at your hip and knee to lower your butt down until it touches the edge of the chair. Then, press through your heel to stand back up. Make sure to keep your other leg raised off the ground and to keep your abdominals braced. 3 sets, 10 reps, hold.



Always consult with your physical therapist or physician before beginning an exercise you are unsure of.

Get Rewarded For Helping Us Help Others!



Refer a friend for a chance to Win A Weekend Getaway!

Each time you refer a friend or family member you are entered into our quarterly drawing!

Thank You!

Share this newsletter with a friend and help them find relief from pain!

Yummy Recipe:

Caprese Salad



Salad:

- 4 medium tomatoes, sliced
- 1/4 c fresh basil leaves
- 1/2 lb fresh mozzarella cheese, sliced

Balsamic Vinaigrette:

- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp ground mustard
- 1/8 tsp salt
- 1/8 tsp pepper

Here's how to make it: Arrange the tomatoes, cheese and basil on a serving platter. Whisk the vinaigrette ingredients; drizzle over salad. If desired, sprinkle with additional salt and pepper.

<https://www.tasteofhome.com/recipes/caprese-salad/>

Success Spotlight



Congratulations, Barbara! We are so proud of all you accomplished in Physical Therapy and thank you for always being so fun to work with!

OSR PHYSICAL THERAPY

St. Mary's Food Bank ALLIANCE

GOAL ZERO

DEHYDRATION DEATHS

5th

Annual Water Drive

55 = 2 CASES OF MUCH NEEDED WATER! | JUNE 5 - AUG 25

DID YOU KNOW...

Most heat related deaths occur in the month of July.

More deaths occur due to dehydration than fire, floods, hurricanes, and lightning strikes combined.

The blistering heat of day and night can take a life in a couple days.

HYDRATION SAFETY TIPS...

When performing outdoor activities, bring and drink plenty of water.

Start each morning with a glass of water.

Lightheaded, nauseous, sluggish, hunger pangs, and disorientation are all signs of dehydration.

ON YOUR BEHALF, OSR WILL DONATE MUCH-NEEDED LIFE-SAVING WATER TO THE HOMELESS AND HOME-BOUND THROUGH OUR COLLABORATION WITH ST. MARY'S FOOD BANK ALLIANCE, AND THEIR COOPERATION WITH PHOENIX'S LOCAL HEAT RELIEF NETWORK, YOU CAN BE ASSURED YOUR WATER DONATIONS WILL FIND ITS WAY TO THOSE WHO NEED IT MOST.

Let's Get Social!



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Call us at 1.480.360.3921!



Check out This Yummy Recipe Inside!



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Start Healing Today!

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TRANSFORM YOUR RECOVERY

Inside:

- Transform Your Recovery
- Success Spotlight
- What To Expect After Joint Replacement Surgery



It's Easy To Request An Appointment!

Need to see a physical therapist for relief? Scan the QR Code to request an appointment today!



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