

# PATIENT GUIDE

## Improving Outcomes With Presurgical Readiness



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# The Right Preparation Helps Postsurgical Recovery

*Increasing your speed of recovery and reducing pain from orthopedic procedures starts with physical therapy intervention **before surgery**.*



**Historically**, physical therapy has been emphasized as a postsurgical rehabilitation activity. But today we know that physical preparation and evaluation before most procedures can speed up recovery, reduce pain, and relieve your anxiety. In addition, becoming familiar with your therapist and the exercises she will prescribe after surgery will make them easier to do.

**Start your physical rehabilitation planning and preparation** as soon as possible in anticipation of surgery. The right preparation can lead to improved outcomes and faster recovery. In addition, good preparation helps you avoid the most common frustrations most patients face with their physical therapy rehabilitation.

## Presurgical Readiness Checklist

**Presurgical preparation** identifies your unique opportunities to improve surgical outcomes and reduce anxiety:

- ❑ **Education** about the mechanics of what's wrong, how the procedure will fix it, and what to expect for recovery time.
- ❑ **Evaluation** of range of motion (ROM). Presurgical ROM is a good indicator for following postsurgical progress.
- ❑ **Comprehensive** strength, balance, and gait assessment.
- ❑ **Physical exercises prescribed** to strengthen areas most likely to promote optimum physical rehabilitation post-surgery.
- ❑ **Familiarize and practice** the variety of exercises you will most likely use to restore function and range of motion post-surgery.
- ❑ **Prepare** for lifestyle changes and assistive devices needed during recovery.



# Choosing Your Therapist & Standards of Care

*Many people don't realize they can choose where to get their physical therapy. Choosing a physical therapist that sets high standards of care can make a big difference in your outcome and overall patient experience.*

**Whether it's before or after surgery, one of the most important medical resources available to you is your physical therapist.**

## 3 Important Questions To Ask Before Choosing Your Therapist

### 1. Other than showing me exercises, what else will the therapist be doing for me?

One of the most common misconceptions about PT is that it's only about exercises and showing you how to use assistive devices like crutches. As a result, many people don't expect much from their PT experience. Naturally, this leads to an important question, "If all the therapist does is give me exercises I can do on my own at home or at the gym, why should I inconvenience myself by going to therapy?"

Apex Physical Rehabilitation & Wellness therapists have advanced training in treating routine, complicated, and chronic conditions, as well as preventative care. Treating these conditions may include a combination of manual therapy techniques, modalities (such as E-Stim and ultrasound), balance and gait training, pain reduction, and specialized exercise programs. A physical therapist will design a specialized program to best meet your needs to improve healing time and speed recovery.



### 2. What role does evidence-based therapy and continuing education play in your practice?

The Texas Board of Physical Therapy Examiners requires each licensed therapist to complete 24 hours of continuing education every two years. This is a minimal requirement. At Apex Physical Rehabilitation & Wellness, we require therapists to do additional work in evidence-based courses. In addition

to knowing what special certifications a therapist may have, it also helps to ask about their continuing education courses. Experience, specialized certifications, and continuing education course history can be a good indication of the **potential fit with your therapist for your unique condition.**

### 3. Will you see your therapist each visit and what role will physical therapy aides play in your plan of care?

In order to control costs, insurance companies pressure practitioners to deliver the best quality of care while accepting lower reimbursement rates. Our offices are led by an experienced licensed physical therapist (PT) and physical therapist assistants (PTA) who work together to create and monitor each treatment plan. Depending on your schedule and therapist availability we encourage and attempt to schedule the treatment with the same PT or PTA to assure continuity of care. Physical Therapist assistants (PTA) are licensed and not the same as Physical therapy aides or technicians.



# 3-Step Presurgical Readiness Plan

Physician Referral Not Required To Get Started

*An evidence-based physical therapy assessment to speed recovery, plus the physical medicine support you need before and after your orthopedic procedure.*

**If you're thinking about surgery**, chances are you chose your surgeon carefully. But what about your physical therapist? Many people say their physical therapist was the most important care provider helping them through their recovery. In addition, the latest evidence-based **research shows that patients who have physical therapy intervention before surgery have a fuller and faster recovery.** That's why the best time to choose your therapist and begin PT is before surgery. And it's also why we created this innovative program designed specifically to **support patients anticipating (or trying to avoid) surgery.**

## 1

### Presurgical Readiness Assessment

- Review range of motion
- Assess functional mobility
- Evaluate pain and isolate strength deficits
- Discuss physical therapy diagnosis
- Review medical history and non-surgical treatment options
- When indicated, refer for medical diagnosis

## 2

### Presurgical Physical Therapy Plan

Your presurgical plan of care will depend upon your personal goals and unique condition. Presurgical PT is ideal prior to:

- Joint replacement
- Spine and neck procedures
- Orthopedic procedures of the foot, ankle, leg, knee, hip, hand, wrist, elbow, and shoulder

## 3

### Postsurgical Reassessment & Care

Whether you're being admitted to the hospital for your procedure, or having an outpatient procedure, our staff will work with you to provide priority scheduling as soon as possible. In addition, you can look forward to continuing your therapy with the same team that has followed you right from the start here at Apex Physical Rehabilitation & Wellness.

**Call To Schedule or Book Online**

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