

Post Surgical Care

To maximize the potential of every person who has undergone surgical intervention, it is the preference of therapy to initiate treatment as soon as possible. UR Medicine / Noyes Health Physical Therapy begins working with most people 2-5 days following surgery. This early intervention allows the therapist the ability to instruct the person in proper post-surgical care, including what should or should not be done by the person to avoid injury or de-construction of the surgical benefits and what should be accomplished to speed recovery. The therapist will adjust walking devices (crutches, walkers), slings, and braces, where applicable, and instruct in a Home Exercise Program to begin immediately.

Commonly, post-surgical therapy follows a protocol, a roadmap of limitations and milestones, leading to recovery. The therapist is able to inform the patient early on of expectations with accepted timeframes, i.e. when crutches are no longer needed, when a sling can be discontinued, or when the person may return to sports participation.

The initial therapy visit typically includes removal of the large, bulky post-surgical dressings and replacement with sleek biocclusive dressings that allow showering -- usually a much appreciated change! You will also begin your treatment and be given a home exercise program to ensure your recovery is as quick as possible.