

## Physical Therapy

### Services Available:

- Aquatic Therapy
- Functional Capacity Evaluations
- Work Conditioning
- Post Partum
- Women's Health Services
- EMG Biofeedback
- Myofascial Release
- Back and Arthritis classes
- Strength Training

### Specialized Services Available:

- Massage
- Personal Training

### Rehab Professionals of Cleveland

- Personalized treatment provided by only licensed professionals
- Covered by most major insurance plans
- Verification and preauthorization of insurance benefits
- Same day appointments available
- Evening hours
- Free parking

## The Importance of Physical Therapy for Total Joint Replacements

Post-operative rehabilitation is of vital importance in achieving the desired goals for the patient who has undergone total joint replacement surgery, but over recent years, the length of stay as an in-patient at the hospital and skilled nursing facility, as well as covered skilled home health services, have decreased significantly. Effective out-patient physical therapy, therefore, is necessary for successful and quality outcomes and should incorporate the following:

- **Patient education** - imperative to allow the patient to gain confidence and maintain motivation
- **An individualized treatment plan**, which enables each patient to work towards realistic personal goals, related to their own lifestyles.
- **One on one treatment** which ensures understanding of post-operative restrictions and appropriate progressions (per protocol or physician instruction), and also that correct exercise techniques be performed.
- **Development of a comprehensive home exercise program** with personalized instruction sheets for easy reference.
- **Specific PROM, AAROM, AROM and stretching exercises** with patient and caregiver instruction as needed to achieve "full" ROM.
- **Progressive strengthening exercises** including comparable exercises for home exercise program.
- **Proprioceptive exercises** to achieve functional stability.
- **Modalities** to decrease pain and swelling and/or to enhance muscle re-education
- **Aquatic Therapy** using buoyancy for assisted or resisted movement. Helpful for improving ambulation endurance when dry land training is not progressing satisfactorily
- **Balance and gait training** including walking on level ground, ramps and stairs, and measurement/fitting of assistive devices.
- **Progress reports** sent regularly to the physician.