



FINDING RELIEF AFTER **TOTAL HIP OR KNEE REPLACEMENTS**

Read more inside on Finding Relief After Total Hip or Knee Replacements, the Exercise of the Month, and Can I Avoid a Total Hip or Knee Replacement?

DarienPhysicalTherapy.com

Give us a call today at (203) 655-6464

FINDING RELIEF AFTER TOTAL HIP OR KNEE REPLACEMENTS

Hip and knee replacements are among the most common surgeries in the United States. Every year, surgeons perform around 800,000 knee replacements and 450,000 hip replacements — and that number is expected to grow as the population ages.

But the surgeries themselves don't show the entire picture. While they can offer lasting relief for people suffering from osteoarthritis, they also require extensive rehabilitation to ensure success.

Most people can expect to spend six months to a year restoring the strength and mobility in their lower body. If you skip out on post-surgical physical therapy, especially immediately after your procedure, you might continue to struggle with joint pain and restrictions in your range of motion.

Fortunately, physical therapy at Darien Physical Therapy can help see you through your recovery and rehabilitation.

Madeline's Story: Finding the Trail Again

When Madeline underwent a total hip replacement at the age of 65, she had one goal in mind: to hike again.

Madeline knew that, to achieve her goal, she would need to take her post-surgical physical therapy very seriously. She began physical therapy as soon as she was cleared by her surgeon, three days after her procedure. Her PT guided her through gentle mobility exercises and helped her move around the room with her walker.



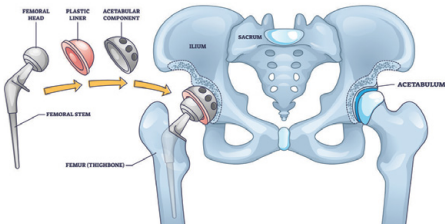
We also helped Madeline manage her initial pain levels with joint mobilizations, soft tissue manipulation, and other manual therapy techniques. In addition to helping with pain, these techniques can reduce the development of scar tissue, which can cause long-term pain issues.

It wasn't long before Madeline began more intensive physical therapy. At her first appointment, she let her therapist know her dream of taking up hiking again, and they worked together to help Madeline achieve her goal.

Here's what Madeline's post-surgical therapy involved:

- **Step 1:** Improving her hip's range of motion through targeted stretches and range-of-motion exercises
- **Step 2:** Building strength in the muscles surrounding and supporting her hip, helping stabilize her new joint.
- **Step 3:** Activity-focused training to help Madeline restore her balance and ability to walk, climb stairs, and perform other movements crucial in daily life. As Madeline improved, her therapist began focusing on exercises that emulated hiking (such as walking up an incline) so Madeline could hit the trails again.
- **Step 4:** A hike with her new hip. After completing her physical therapy, Madeline's PT cleared her for a gentle, three-mile hike — and Madeline celebrated every step!

TOTAL HIP REPLACEMENT



Take responsibility for your pain & get the help you need today!

Scan the QR code to schedule your appointment!

FRANK'S STORY: STARTING EARLY FOR LASTING RELIEF

Frank didn't have a clearly defined physical goal when he underwent his total knee replacement at age 78. He'd never been particularly active, and his knee pain only made him more sedentary.

To help ensure Frank had the best possible outcomes, we actually started his physical therapy before he even went into surgery. Research shows that pre-surgical physical therapy ("prehab") gives you a solid foundation for rehabilitation. So we set Frank up for success with a six-week prehab program that included the following:

- General fitness strategies to ensure he was in good health for his procedure
- Exercises to improve the strength and mobility of his knee joint
- Practice using a walker

Frank had initially been nervous about his surgery, but his prehab program helped build his confidence and gave him a taste of what to expect from his post-surgical rehabilitation. In fact, he was pleased to learn that his early exercises were very similar to those he had done during prehab!

Frank's rehabilitation proceeded similarly to Madeline's, even though he wasn't working toward a specific goal. We worked with him to manage his pain and slowly began mobilizing his knee. As his range of motion improved, we began incorporating strengthening exercises and functional training activities so he could perform day-to-day tasks.

Physical therapy was a lot of work for Frank, but it paid off in the end: he no longer struggled with joint pain, and he was far more active and mobile than he'd been in years.



We Can Help You Find Relief, Too!

Are you scheduled for a total hip or knee replacement? Don't underestimate the importance of physical therapy in your rehabilitation. Call Darien Physical Therapy today to learn more about how we can help!



Take responsibility for your pain & get the help you need today!

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Sources:
<https://neurology.org/patients/joint-replacement-surgery>
<https://www.choosetp.com/guide/physical-therapy-guide-total-knee-replacement>
<https://www.choosetp.com/guide/physical-therapy-guide-total-hip-replacement-arthroplasty>
<https://www.sciencedirect.com/science/article/pii/S187706572200077x>

EXERCISE OF THE MONTH STANDING KNEE FLEXION

Start by standing up straight with the back of a chair in front of you to hold on to for balance. Slowly raise the heel of the leg you wish to work towards your butt by bending at the knee. Do not move the upper portion of your leg. Slowly lower your foot back to the floor. Repeat as directed by your provider. Repeat 3 sets of 10 reps each, hold.



Life is too short to not feel your best. Give us a call at (203) 655-6464 or visit [DarienPhysicalTherapy.com](https://www.DarienPhysicalTherapy.com) today!

CAN I AVOID A TOTAL HIP OR KNEE REPLACEMENT?

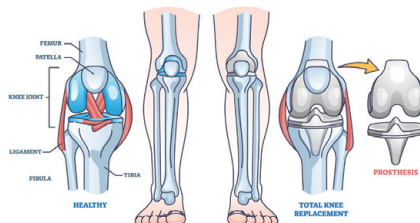
No one wants to undergo surgery. It's often expensive, and it can bring with it a host of risks and complications. So, if you're struggling with hip or knee osteoarthritis, you might be wondering — can I skip surgery altogether?

The short answer? It's very possible!

Osteoarthritis has no cure. However, you can slow its progression by staying active and living a generally healthy lifestyle. In fact, surgeons won't actually perform a total joint replacement until they've seen that non-invasive treatments — such as physical therapy — aren't effectively managing the condition.

As with most degenerative conditions, the earlier you start, the better. If you already have an OA diagnosis, the Darien Physical Therapy physical therapists can work with you to develop a customized management program that might include the following:

TOTAL KNEE REPLACEMENT



- An aerobic exercise plan based on your interests and abilities
- Targeted strengthening and stretching exercises to improve joint health
- Strategies for reducing pressure on your joints
- Strategies for improving your overall health and wellness

Even if you don't have a diagnosis, following up on joint pain is essential, especially as you get older. Our physical therapists can let you know if that pain in your knee or hip is due to osteoarthritis or some other cause, such as an injury or muscular imbalance.

Want to learn more about successfully managing osteoarthritis without surgery? Call to speak to our friendly staff today!

Sources: <https://www.choossept.com/guide/physical-therapy-guide-osteoarthritis>



WE NEED YOUR HELP!

Would you take a moment to share your Darien Physical Therapy experience on our Google Review page? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!



FEEL BETTER BY EATING BETTER

EASY SALMON BURGERS

- 1 cup finely chopped red onion
- 1/4 cup thinly sliced fresh basil
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 1 pound salmon fillet
- 1 tbsp hot pepper sauce
- 1 large egg white
- 8 slices focaccia, toasted

Combine first 5 ingredients in a large bowl. Combine hot pepper sauce and egg white in a small bowl; add egg white mixture to salmon mixture, stirring well to combine. Divide the mixture into 4 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add salmon patties, and cook 3 minutes on each side or until desired degree of doneness. Serve patties on toasted focaccia.

Your health is our highest priority. Give us a call at (203) 655-6464 or visit DarienPhysicalTherapy.com today!