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Postoperative physiotherapy and you

After any surgery it is very important to start moving the treated limb. Such movements keep the joints of the limb supple and help soft tissue structures like tendons glide. The aim of physiotherapy is to rehabilitate the injured or treated limb, but at the same time protect any structures that have been surgically repaired.

A physiotherapist will see you prior to your discharge from hospital. You will be advised of exercises to practice before your next appointment.

The amount and type of physiotherapy will depend on your injury and the type of operation performed. Most patients can begin 'active assisted' physiotherapy programmes that encourage early mobilization and strengthening. However if an extensive repair or a complex operation has been carried out, the rehabilitation will begin with 'passive assisted' exercises, followed by active assisted exercises and strengthening. You will be guided through this phased physiotherapy program.

During this period, the operated joint may be totally or partially immobilized with the help of a sling or splint. Sometimes special splints may have to be made especially for you.

Mr Takwale has a postoperative physiotherapy protocol for each operation and further physiotherapy appointments will be arranged according to protocol. You will be provided with a copy of this protocol.

You may prefer to have physiotherapy nearer to your home. Mr Takwale has a network of trusted physiotherapists in various locations, and will be happy to liaise with the physiotherapist of your choice.