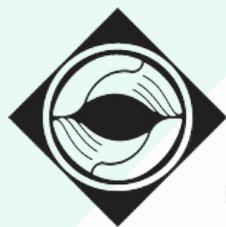


FREQUENTLY ASKED QUESTIONS



**COMPLETE
PHYSICAL THERAPY**

P: 402-483-0006 www.cptlincoln.com

How long will I have to do physical therapy and when should I expect full recovery?

Physical therapy usually lasts 6-8 weeks and is individualized to each person's needs and goals, so it can differ person to person. Usually people are back to normal activities in three months, but it may take 6 months or up to a year to reach full recovery.

When can I go back to work?

Depending on the physical demands of the job, most people with desk jobs can return 4-6 weeks after surgery. We recommend gradually working back in, by starting with half days or limiting days a week (if possible) before commencing 40 hour work weeks. If the job is physically demanding, it must be addressed on a case by case basis.

When can I get rid of my assistive device?

You must demonstrate full weight bearing without favoring the leg. Gaining full quad control and restoring mobility is imperative before discontinuing assistive devices. You may feel safer using a walker for the first couple of weeks and then transition into a cane. Even if you become confident walking without any assistance in the home, it is beneficial to have something available to support you for long distance ambulation (ex: going out to dinner, shopping, attending sporting events).

What happens if I don't restore my motion?

You will notice limitations with your movement. For example, going down stairs and putting on your shoes could be challenging. Lack of full mobility may result in increased pain and stiffness due to scar tissue adhesions. In some cases, surgeons will perform manipulation surgeries to restore mobility. However, it is physical therapy and compliance with your home exercise program that will ensure functional mobility.

My doctor says I need a knee replacement but I'm not sure if I'm ready. What should I do?

You may be a good candidate to start with conservative treatments first, such as physical therapy (with or without a cortisone injection). Depending on the extent of the arthritis, PT may reduce symptom severity or prolong time before surgery. Even if you end up requiring surgical intervention, PT will be beneficial in preparing you for the surgery.

What is "pre-hab"?

Some people do a session of physical therapy prior to their surgery to learn exercises and start strengthening muscles ahead of time. This head start can be very beneficial and help make the rehab process easier.

How often should I perform my home exercises after surgery?

The knee will not like to be stagnant. You may benefit from performing prescribed exercises intermittently throughout the day to avoid prolonged inactivity. Your physical therapist will set parameters that are appropriate for you.