

## Therapy Services

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Director of Therapy Services

The Inpatient Physical Therapy Department at McBride Orthopedic Hospital is proud to assist and guide patients through the recovery process following surgery. Our team of licensed therapists work 7 days a week and represent 270 years of combined clinical experience. You're in great hands!

Recovering from orthopedic surgery can be intimidating, but you can take measures to confront that intimidation. The easiest way to reduce your anxiety level is to educate yourself and understand the goals and objectives of your procedure. Your partnership with your therapist plays a key role in the process and is vital toward a successful outcome.

Two things are universally true about a Physical Therapist/Physical Therapy Assistant:

- Both are always focused on Safety First! Safety is a large, expansive topic that deals with medication management, incision care, compliance of restrictions, precautions and other degrees of instructions. It is important to think 'FALL PREVENTION' at home. Some suggestions include: allow extra time and effort for even the most routine tasks, remove obstacles and obstructions in your home, use night lights to illuminate areas in your home to keep you safe, explore (recommended) adaptive equipment - especially in the bathroom on slick surfaces, utilize your prescribed assistive device at all times and actively participate in physical therapy.
- Therapists are Officious! That is a soft synonym for pushy. Being officious is 'what we do' to make sure a patient reaches their goals and objectives and works toward a positive outcome. That is why we encourage you to complete tasks on your own, perform your own activities, actively engage in your recovery and ask you lots of questions. The purpose of your surgery may have been to help restore an active lifestyle, improve quality of life, reduce pain, reconnect with your community and/or be independent in day-to-day activities. You cannot accomplish any of those without active engagement in your recovery. A therapist will NEVER ask you to engage in activities that are harmful or unnecessary during the recovery process.

The goal of McBride's Inpatient Physical Therapy Department is to provide condition-specific orthopedic aftercare guidelines to ensure a safe return home and a safe, continuous recovery while at home. Patients will work hard to reach aftercare guidelines during their inpatient stay at the hospital. Specific criteria includes, but is not limited to the following:

- Must engage in 75+ feet of continuous walking activity to allow you to get from any 'Point A' to any 'Point B' in your home.
- Must demonstrate safety with your walking activity.
- Must be able to get up and down from any preferred seat or chair in your home (remember, the lowest seat in your home is usually the toilet).
- Must understand and demonstrate compliance of restrictions, precautions and instructions that impact your recovery. This includes weight-bearing restrictions, movement restrictions, braces, equipment and exercise programs.

Rest assured, members of the Inpatient Physical Therapy Team will work tirelessly with you during the recovery process to make sure you are confident, knowledgeable and well-equipped to manage important next steps once discharged from the hospital. We look forward to working with you and helping you navigate a plan toward success. ■