



# Post-operative Rehabilitation

“All patient with post-surgical condition need rehabilitation to regain the function, and avoid the stiffness of joint and muscle”

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## Postoperative Rehabilitation

Rehabilitation is the post-surgical program of re-establishing joint motion, muscle strength around the joint and finally joint function. It is important to understand that rehabilitation can be a long process. While the surgery is performed within hours, rehabilitation needs time to regain complete function. The process of rehabilitation is a progressive process, safely increasing workloads and stimuli on the repaired joint, tendon and muscle during the recovery process.

## Surgery Requiring Rehabilitation

*Common operation requiring Post-operative rehabilitation*

### Shoulder

Shoulder Reconstruction, Shoulder Stabilisation, Rotator Cuff repair, Acromioplasty, Manipulation, Capsulotomy, Fracture

### Elbow

Tennis Elbow Release, Golfers Elbow Release, Fracture

### Wrist & Hand

Carpal Tunnel Release, Fracture, Tendon Repairs

### Hip

Hip Replacements/Resurfacing, Hip labral repairs, Hip Arthroscopy, Fracture

### Knee

Knee Replacements, ACL and Ligament Reconstruction, Arthroscopy, Meniscal Repairs, Chondroplasty, Lateral Release, Patella Tendon Transfer, Fracture



## Calf

Achilles Tendon Repairs, Fasciotomy

## Ankle and Foot

Ankle Reconstruction, Ligament Repairs, Arthroscopy, Fracture, Spur Removal, Bunionectomy

## Spine (Neck & Back)

Discectomy, Micro-discectomy, Laminectomy, Spinal Fusion/Stabilisation

## Duration of Rehabilitation to Restore Function

Extent of recovery depends on several factors with post-operative recovery, including disease stage, type and length of operation, and age of patient. The process of recovery can take from week to many months for full recovery.