



# YOU CAN STILL ENJOY BEING ACTIVE

FINDING RELIEF AFTER  
TOTAL JOINT REPLACEMENT

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- Hibbing Happenings



## Finding Relief After Total Joint Replacement for the Lower Extremities

If you have received a total joint replacement of the knee or hip, physical therapy can benefit you. Our clinic provides joint replacement physical therapy rehabilitation to those whose mobility is limited due to a replacement procedure, or even those who experience impairing joint pain without having gone through replacement surgery yet.

If your knee and/or hip joints are a constant source of pain, Choice Therapy can help provide you with some relief.

### DO I NEED TOTAL JOINT REPLACEMENT?

Total joint replacement surgery is typically recommended for those who:

- Have severe joint damage. This is typically due to arthritic debilitation, either from osteoarthritis or rheumatoid arthritis.
- Experienced a severe trauma to the joint(s). Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.

- Live with chronic shooting pains. If your pain is constantly affecting your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may be in need of total joint replacement surgery, it is important to discuss that with your primary physician first.

If you have already received total joint replacement surgery, it is likely that your primary physician will refer you to a physical therapist for part of your recovery treatment.

[www.choicetherapy1.com](http://www.choicetherapy1.com)







## Total Joint Replacement and Physical Therapy

Physical therapy will be important in the rehabilitation process after the total joint replacement of your knee or hip. Your physical therapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint. Physical therapy treatments can also benefit you both before AND after your procedure, in order to make sure that your recovery process is as smooth as possible.

Your initial appointment will consist of a physical evaluation to determine what course of treatment will be best for your needs. Your

physical therapist will create a specialized treatment plan based on your evaluation, aimed at rehabilitation and bringing you back to your optimum physical health.

At first, your treatment plan will consist of passive physical therapy, which is primarily focused on pain relief and recovery. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physical therapist deems for your treatment plan. After your passive therapy, you will continue into active physical therapy treatments. These will include strengthening exercises that you will do with the aid of your

physical therapist, in addition to at-home treatments that you will do on your own at home. These will all help in making your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

### HOW CAN I GET STARTED?

If you believe you could benefit from our total joint replacement rehabilitation services, contact Choice Therapy today. We will get you back to living your best life, free from pain and limiting knee or hip pain!

## EXERCISE ESSENTIALS

### HIP ADDUCTOR STRETCH

Improve the strength and coordination of your hip muscles. Begin in the side lunge position as shown. Your leg should be out to the side and slightly behind you, both feet flat on the floor. Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg. Repeat 8 times on both sides.



## HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your Physical, Occupational, or Speech Therapy may not cost you anything. Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of your specialized therapy could be minimal or completely covered by your insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to visit Choice Therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021.

Have you undergone surgery recently? Call us today at (218) 440-1548 schedule an appointment with one of our Physical, Occupational or Speech Therapists. We will guide you to affordable treatments that will place you one step closer to achieving your goals.

Our friendly scheduling staff will gladly look into your individual benefits to help understand your level of coverage including copays, co-insurance, deductibles and out of pocket.



# Feel Better Faster With Choice Therapy

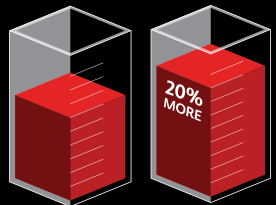
Did you know the best physical therapy is in your hometown?

## 20% MORE

Successful Patient Outcomes  
Compared to the Rest  
of the Country, Treating:

- Low Back Pain
- Neck Injuries
- Lower Extremity Injury
- Knee Injury
- Upper Extremity

Successful Patient Outcomes



National  
Expectations

Choice Therapy 

## Patient Spotlight

Tell us about your journey to total joint replacement? *"Over the past several years the pain in my knee kept increasing until my knee would give out on me. Orthopedic Associates told me I needed a knee replacement. I was afraid of surgery so I kept putting it off until the pain got to be so much."*

How did you hear about Choice Therapy? *"Someone I know used Choice Therapy after knee surgery and highly recommended it, so here I am!"*

What did you find as a result of using our therapy services? *"I found that the therapists that I had, Lyndsey and Chris – knew what to do with me. They are getting my knee back to work like it is supposed to. They calmed all my fears at each stage of recovery. I am so happy I chose Choice Therapy."*

What specifically did you like the most about our therapy services? *"Even though it wasn't always pleasant doing the exercises, it was always fun. The atmosphere was light – everyone seemed to get along so very well – we did a lot of laughing. I love to laugh and have fun, so I felt at home. Saying all this we DID get lots of work done. I actually look forward to each session."*

Is there anything you'd like to add? *"I truly appreciate everything that Lyndsey and Chris are doing for me. This has been a good experience being this is the first time I have ever had to do any kind of therapy."*

- Julie E. October 2020



## Hibbing Happenings



Wedding bells for Briita! We would like to introduce Briita and Ryan Potter! Our PTA Briita tied the knot on September 26, 2020. You may notice a new name on your schedule but it's the same great care you've come to expect at Choice Therapy. Congratulations to the happy couple!

