



YOU CAN STILL ENJOY BEING ACTIVE

FINDING RELIEF AFTER
TOTAL JOINT REPLACEMENT

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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.

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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!

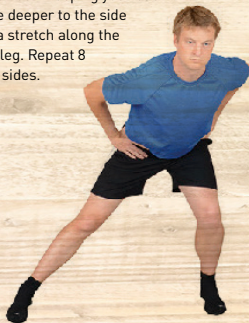
HOW CAN I GET STARTED?

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 218.470.0132 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

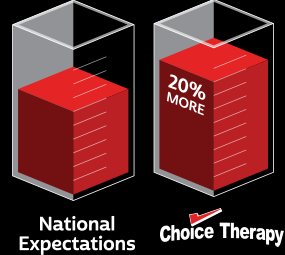
Did you know the best physical therapy is in your hometown?

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



Patient Spotlight



"I definitely recommend Choice Therapy and believe in what they do and they work very well with their patients."

"My experience at Choice Therapy has been good. I came back after the team helping me with my first knee replacement because they helped me and were accommodating to my needs. I would choose Choice Therapy again as they listen to what worked for me and helped me when things hurt. I definitely recommend Choice Therapy and believe in what they do and they work very well with their patients."

I enjoy working and laughing with my therapist Trevor even if he always makes me do "2" more reps/minutes. :) - Charlene W.



Charlene W. sought treatment at Choice Therapy again following her second total knee replacement.

