



# BALANCE PHYSICAL THERAPY & HUMAN PERFORMANCE

## Preparing for Joint Replacement Surgery

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Dr. John Schott PT, DPT

# Introduction



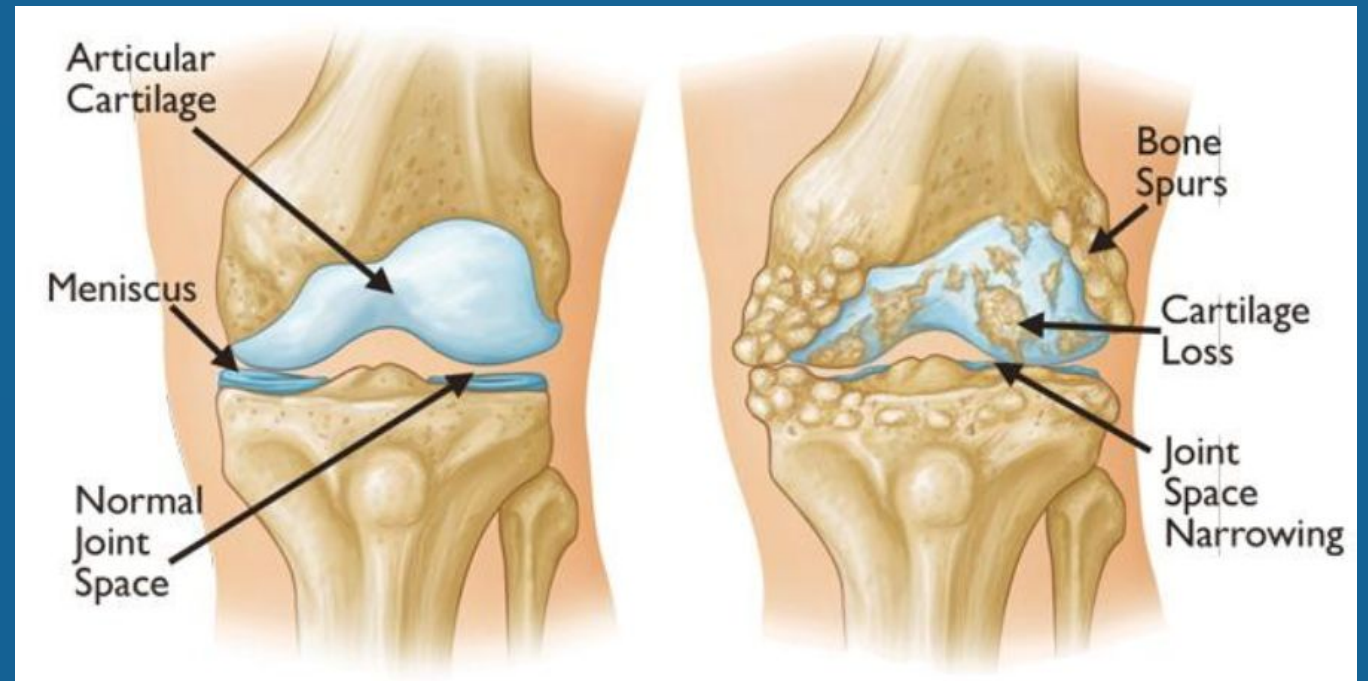
- Dr. Miguel Vargas PT, DPT
- Clinical Director (Salinas)
- Alma Mater: Fresno State University
- Fun Fact: just had his second child



- Dr. John Schott PT, DPT
- Alma Mater: UC San Francisco
- Fun Fact: practiced in NYC, moved back home in February

# Why do joints need to be replaced?

- With time and aging our joints degrade
  - This is part of the natural aging process
- Leads to loss of cartilage, loss of joint space, bone on bone contact and sometimes pain
- Pain is the primary reason why joints are replaced
  - Arthritis  $\neq$  pain



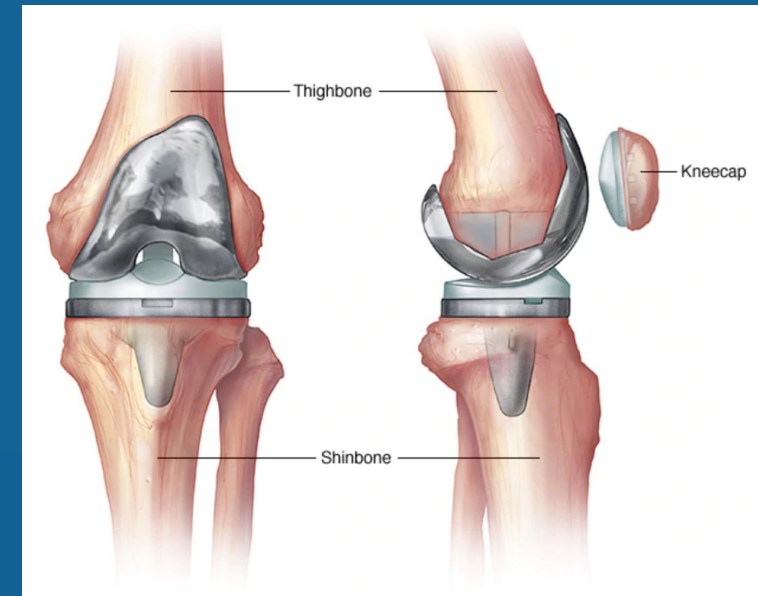
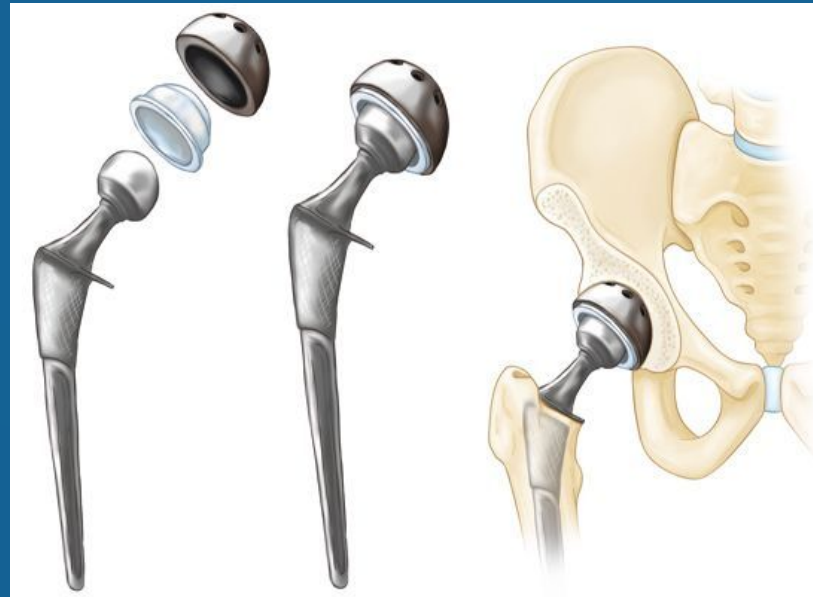
# What is a joint replacement?

- **Total Knee Replacement/Arthroplasty (TKA)**
  - Specifics of surgery
    - Condyles of femur and tibial plateau are removed
    - Cartilage and meniscus are completely removed, knee cap is kept
    - Metal plates replace ends of femur and tibia
  - Prosthesis longevity- want to wait as long as possible so we don't have to do it again
- **Total Hip Replacement/Arthroplasty (THA)**
  - Specifics of surgery
    - Head of femur removed and acetabulum of pelvis is ground out and replaced with metal pieces
  - Anterior vs. posterior approach
    - Anterior
      - No extension, ER, abd
    - Posterior
      - No flexion, IR, add
    - Let your surgeon give you specifics about precautions



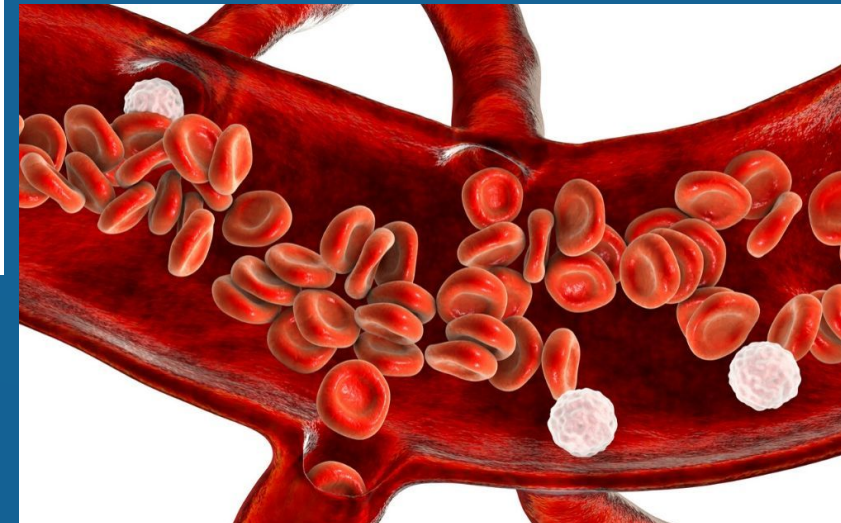
# Expectations with Surgery

- The reality is....it is going to hurt
- Joint replacement causes significant trauma to the area
  - Muscle and tissue are cut, resected and/or removed
  - Bone removed and replaced with metal
  - Bruising
  - Swelling



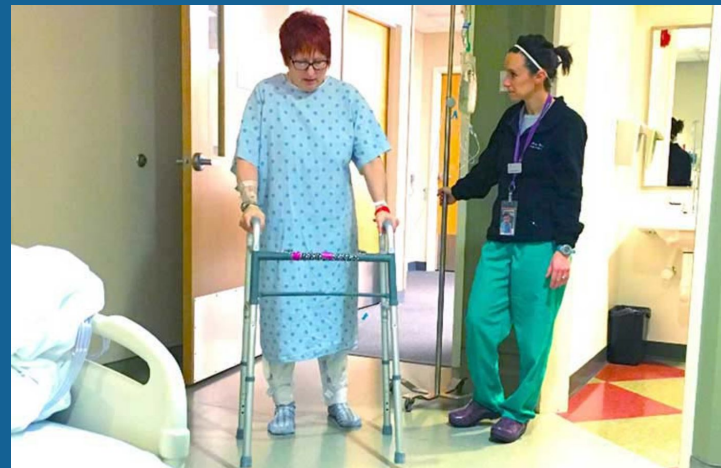
# Expectations with Surgery

- Even though you're in a lot of pain it is important to move as much as possible
  - Active Recovery
    - Movement is your friend
    - Maintaining blood flow to area is key
    - “Bring the groceries in and bring the trash out”
- Commonly heard statements/questions
  - “It feels like my knee is going to split open”
  - “Am I going to be able to kneel?”



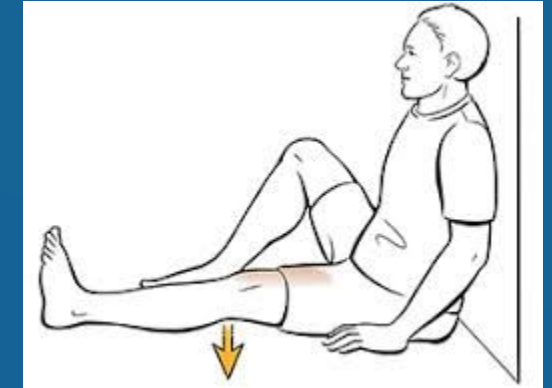
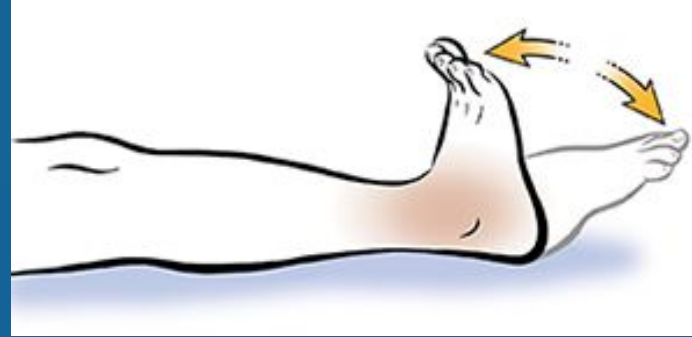
# After Surgery Post Op: Day 0

- Goals
  - You will be up and moving ASAP
    - Bed mobility
    - Transfer training
    - Gait training with assistive device
  - Pain control
  - Assessment of ROM
  - CPM- no longer used by SVMC
- Precautions
  - Orthostatic hypotension
  - Deep vein thrombosis (DVT)



# Therapeutic Exercise

- Early in Rehab
  - Ankle Pumps
  - Quad Sets
  - Glute Squeezes
  - Heelslides
  - SLR





# Therapeutic Exercise

- Home Exercise Program

- Everyday, 2-3x a day if possible
- Exercise will provide pain relief
- Walk, walk, walk
- Active recovery
- Work the opposite leg as well



# Outpatient Physical Therapy

- Goal is to improve:
  - Range of Motion
    - Want to go to full ROM ASAP
  - Strength
    - Continued strengthening of hip and knee musculature
  - Functional mobility
    - Transfers
  - Low back, hip, knee, and ankle mobility
- Keep in mind:
  - Everyone is different
    - ROM, strength, pain levels, and functional capacity varies greatly from person to person
    - Co-morbidities (e.g. diabetes, metabolic syndrome)
    - First joint replacement may be different than second
  - Muscle soreness is good!
    - It means we are working the correct muscles
  - Due to COVID-19 loved ones or caregiver will not be able to be in the hospital with you until discharge



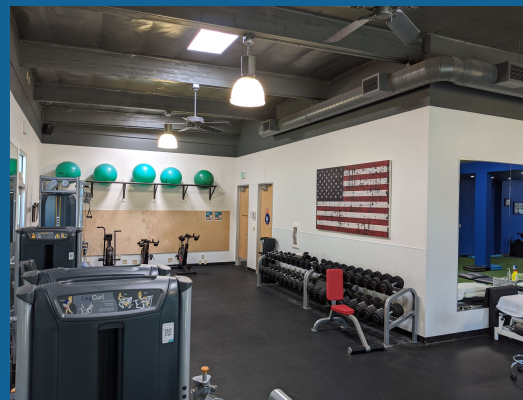
# Therapeutic Exercise

- As you progress through rehab, exercises will become more challenging
- More emphasis on improving functional capacity
  - Sit to stand
  - Squats
  - Deadlifts
  - Lunges
  - Side steps



# Balance Physical Therapy & Human Performance Center

- What does Balance PT have to offer:
  - Pre-rehabilitation (Prehab)
    - Pre-strength = improvement in outcomes
    - Knowledge: comfort with exercises prior to surgery will make the rehab process immediately after surgery less overwhelming for you
    - Will help you be more confident moving around on your own
- State of the art equipment
  - Exercise equipment (Nu-step, assault bikes, squat rack)
  - AlterG- antigravity treadmill
- State of the art facilities
  - variety of equipment and training surfaces to fit the needs of any patient and any level of goals



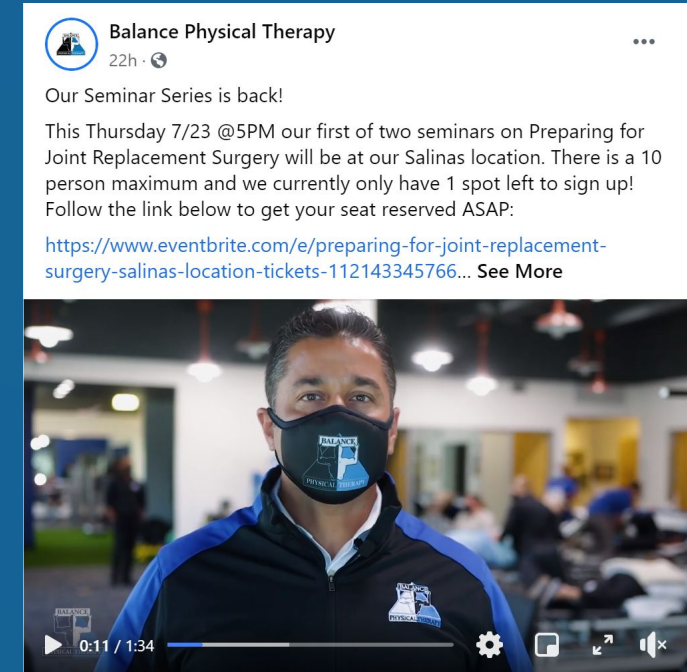
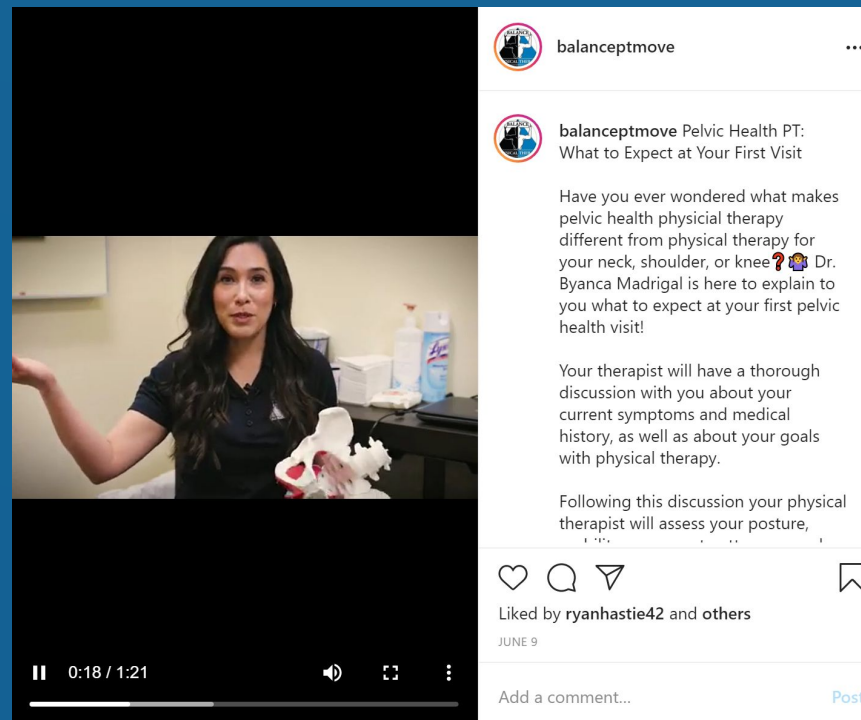
# Balance Physical Therapy & Human Performance

- Multispeciality Physical Therapy
  - Orthopedics, sports rehab, lymphedema, women's health, pediatrics
- Community difference
  - 18 years of serving the Central Coast
- Your goals are our goals
  - Your plan of care is a constantly developing process



# Balance Physical Therapy & Human Performance

- Follow our social media channels!
  - Exercises
  - Injury prevention
  - Education on variety of medical conditions
  - Upcoming events
- @balanceptmove
  - Facebook and Instagram



# Balance Physical Therapy & Human Performance

- Questions?

