



UPDATED MEDICARE NEWS: LATEST AUDIO PODCAST

(click to listen: courtesy American Physical Therapy Association 2010)



KNEE REPLACEMENT: REHABILITATION TIMELINES

Day One

Within 24 hours of your surgery, you will begin walking with the aid of an assistive device such as a walker or crutches. Your physical therapist will teach you the safest methods for getting in and out of bed or a chair and up and down stairs.

You will learn exercises to help strengthen the muscles in your leg and increase movement in your knee. Daily activities may include:

- Sitting on the side of the bed, Walking a few steps with a cane, crutches, or walker, Sitting in a chair, Transferring yourself to a bedside commode



Day Two

You will gradually increase your exercises and activities from day one. Daily activities may include:

- Walking across the room with a cane, crutches, or walker, Getting on and off the toilet, Climbing up and down 2 to 3 steps

Day Three to Discharge

Each day you will increase your exercises and activities. At discharge you may be able to:

- Bend the knee to a 90 degree angle, or show improvement in bending the knee, Straighten the knee, Walk with little effort with a cane, crutches, or walker, Move to a chair or toilet without help, Bathe and dress yourself, Climb several steps

Six Weeks

At this point, you may no longer need to use an assistive device such as a walker or crutches. Your physical therapist will give you a series of exercises to do at home. If you are consistent with your physical therapy, you should be able to resume activities such as returning to work, driving, shopping, housekeeping, and intimate relations (when you feel comfortable).

Twelve Weeks

You can enjoy a variety of low-impact activities such as swimming, walking, golfing, bicycling, and ballroom dancing (check with your doctor or physical therapist). Avoid high-impact sports such as running, aerobics, and contact sports, as they can cause damage to the artificial joint.



PRODUCT: BIOFREEZE

We at SATPT recommend BioFreeze Pain Relieving products. BioFreeze is the most widely-used and confidently recommended products by

hands-on health professionals for over 15 years.

BioFreeze is the pain reliever of choice for chiropractors, podiatrists, physical therapists, occupational therapists, massage therapists. We always have an ample supply on hand, so please ask your therapist about this product.



Q AND A: WHAT IS REPETITIVE STRAIN INJURY (RSI)?



Repetitive Strain Injuries occur from repeated physical movements doing damage to tendons, nerves, muscles, and other soft body tissues. Occupations ranging from meatpackers to musicians have characteristic RSIs that can result from the typical tasks they perform. The rise of computer use and flat, light-touch keyboards that permit high speed typing have resulted in an epidemic of injuries of the hands, arms, and shoulders. Use of pointing devices like mice and trackballs are as much a cause, if not more so. The thousands of repeated keystrokes and long periods of clutching and dragging with mice slowly accumulates damage to the body : another name for the condition is **Cumulative Trauma Disorder**. This can happen even more quickly as a result of typing technique and body positions that place unnecessary stress on the tendons and nerves in the hand, wrist, arms, and even the shoulders and neck. Lack of adequate rest and breaks and using excessive force almost guarantee trouble.