

Pre-operative Physical Therapy

WHAT IS PRE-OPERATIVE PHYSICAL THERAPY?

Franciscan Health Mooresville physical therapists work in conjunction with the IMPACT Center to work 1:1 with patients and their support team to prepare for post-operative rehabilitation. Pre-operative physical therapy empowers the patient to play an active role in their rehabilitation and promotes independence and ownership with their recovery process, helping the patient to achieve better outcomes. In almost all cases, pre-operative physical therapy is limited to one visit but can be extended per physician request and patient need.

WHO COULD BENEFIT?

Patients planning to have surgery in an inpatient, outpatient or ambulatory surgical setting that currently require post-operative rehabilitation:

- Increased comorbidities
- Increased Body Mass Index (BMI)
- General deconditioning/strength
- Decreased mobility
- Decreased social support

COLLABORATIVE ENVIRONMENT

Our physical therapists work closely with the surgeons, IMPACT Center, case management and nursing to facilitate consistent expectations.

HOW TO OBTAIN PREOPERATIVE PHYSICAL THERAPY

When scheduling an IMPACT Center appointment, request pre-operative physical therapy as well. Physical therapy will be scheduled one hour prior to the IMPACT Center appointment.

SERVICES PROVIDED

- Issuing appropriate assistive device: Equipment is now issued to the patient before surgery, due to insurance guidelines which has made issuing equipment during a hospital stay difficult and more expensive for the patient. Each patient is assessed for appropriate assistive equipment that will meet their individual and home environment needs. Equipment is issued and adjusted to properly fit the patient. Patients are encouraged to practice using their device in their home environment prior to surgery.
- Discharge planning: Together with the patient and their support group, our therapists proactively encourage a safe and comfortable return to their home setting as the primary discharge destination.
- Managing patient expectations with a consistent message: A consistent message is continued from the surgeon's office to pre-operative physical therapy, the IMPACT Center and post-operative rehabilitation.
- Home exercise program: Our therapists provide hands on instruction and implementation with emphasis on early mobility.

Pre-operative physical therapy results in 'significant' reduction in post-operative care use for patients undergoing hip or knee replacement.

A recent study found that as few as 1 to 2 sessions of pre-operative physical therapy can reduce post-operative care use by 29% for patients undergoing total hip or knee replacement, adding up to health care cost savings of more than \$1,000 per individual.