

AFTER YOUR DISCHARGE HOME

Physical therapists at our outpatient sites continue your rehabilitation with an individualized exercise program to improve your range of motion, strength, balance, and pain. Your program will be specifically designed to work towards your individual goals and help you return to an active lifestyle.

OUR GOAL IS TO HELP YOU ACHIEVE YOUR GOALS

Physical therapists and occupational therapists are able to assist you through every step of your recovery.

For more information about rehabilitation at Upstate, go to:

<http://www.upstate.edu/pmr/healthcare/programs/total-joint.php>

A few days prior to your discharge from the hospital or from home physical therapy, please call to set up your outpatient physical therapy evaluation.

UPSTATE
UNIVERSITY HOSPITAL

*Physical Medicine
& Rehabilitation*

750 East Adams Street
Syracuse, NY 13210
www.upstate.edu

INSTITUTE FOR HUMAN PERFORMANCE
505 Irving Ave, Syracuse, NY 13210

UPSTATE BONE & JOINT CENTER
6620 Fly Road, Suite 201, E. Syracuse, NY 13057

MANLIUS HEALTH CENTER
102 West Seneca Street, Manlius, NY 13104

WESTERN LIGHTS PLAZA
4671 Onondaga Boulevard, Syracuse

TO SCHEDULE AN APPOINTMENT CALL:

315-464-6543

OR FAX REFERRAL TO 315-464-4753

TOTAL JOINT PROGRAM



A SPECIALTY SERVICE OF

UPSTATE
UNIVERSITY HOSPITAL

*Physical Medicine
& Rehabilitation*

UPSTATE'S DEPARTMENT OF
PHYSICAL MEDICINE

TOTAL JOINT PROGRAM

PRIOR TO YOUR SURGERY

You may choose to attend several physical therapy (PT) sessions in order to increase your leg strength. This has been shown to be effective in making your post-operative recovery quicker and easier. Ask your physician for a PT referral prior to your surgery.

Once you have scheduled your surgery, you will receive a book with information about planning for your surgery, post-operative exercises, precautions, and information about pain management and use of equipment. You will also be encouraged to attend a pre-operative education class with the PT and nursing staff who will care for you after surgery. This session will allow you to learn about what to expect and have an opportunity to ask any questions you may have. Our main objective is to



put your mind at ease about your upcoming surgery and make sure you are fully prepared, so you have a smooth and successful post-operative recovery.

YOUR HOSPITAL STAY

You will be encouraged to get out of bed on the evening of your surgery, with help from the nursing

staff. A physical therapist will visit you on the morning after surgery to instruct you on mobility techniques, from getting out of bed to walking with an assistive device such as a walker or crutches. We will also assist you with exercises, and review any precautions your surgeon has prescribed.

Physical therapy continues twice a day in preparation for your discharge home or to a rehabilitation facility. You will work with the therapist to become more independent with walking, climbing stairs, and getting in and out of bed. You will also do specific exercises to increase your strength and range of motion, and learn how to continue and progress these exercises at home.

An occupational therapist will see you during your hospital stay to assist you with your activities of daily living (ADLs), such as dressing, grooming, bathing and using the bathroom. The therapist will teach you about available equipment to make these tasks easier and safer while you recover.

The health care team will work together to make sure you are ready for discharge home. Our case managers will assure that you have any needed medical equipment and home care services arranged prior to leaving the hospital, and can assist with setting up transportation and follow-up care.