



## PORTER REHABILITATION AND ORTHOPEDIC SERVICES

Porter Rehabilitation and Orthopedic Services (PROS) provides services of Physical Therapy (PT), Occupational Therapy (OT), Speech Therapy and that of support staff. We have out-patient clinics in Brandon, Vergennes, at Catamount Park in Middlebury and here at the hospital. As a joint replacement patient you will interact with our PT and OT pre- and post-operatively. A pre-operative visit will be scheduled for you where we will discuss the rehab process after your surgery, the equipment you will need, your options after discharge and answer any questions you may have.

The goals of physical therapy after joint replacement surgery include helping you get out of bed comfortably and safely, starting to use and exercise your replaced joint and learning to perform basic activities of daily living (ADLs) independently. The techniques we use vary depending on what type of joint replacement surgery you have had. On the day of your surgery, upon your arrival to the Medical-Surgical Unit, total knee patients will see a therapist briefly who will put a Continuous Passive Motion (CPM) machine on to facilitate early motion of your operated knee. Partial knee/"uni" patients, as well as total hip and total shoulder patients will start bedside exercises. On the first day post-op your therapist will come to your room in the morning. You will get out of bed to a chair, and if able, you will walk a short distance with a walker. You will continue therapeutic exercises in and out of bed. Total knee patients will continue to use the CPM machine. Your therapist will increase the angle of bending in the CPM to help increase your range of motion. Total hip patients will be instructed in safe positioning of their involved limb (total hip precautions.) These will be continually reinforced during your hospital stay.

A collaborative effort between Champlain Valley Orthopedics and Porter Hospital

The second and third days post-op you will see your therapist 2-3 times in the day. They will progress your exercises, CPM angle (for total knee patients) and ambulation distance as tolerated. You will also see our OT who will help you learn strategies to perform ADLs such as getting dressed, bathing, toileting, etc., and will provide any equipment needed to perform these activities. Every patient is different and your therapists will work with you as an individual to achieve your goals. The objectives for hip and knee replacement patients are to be able to get out of bed and stand independently, to be able to walk a functional distance, navigate stairs as needed and to have a functional range of motion of your replaced joint. Total shoulder patients should be able to use their arm comfortably at their side.

Your therapist will coordinate with the Registered Nurses, your surgeon, an RN Discharge Planner and a social worker to make sure that your transition from the hospital to home or short term rehab is an easy one for you.

If you go directly home, you will be working with a Home Health/Visiting Nurses Association Physical Therapist to further your rehabilitation. If you need out-patient PT down the road, our four out-patient clinics provide outstanding care and our PT's are well versed in post-operative total joint rehabilitation.

**Thank you for your interest in Porter Hospital's Rehabilitation services. We look forward to working with you and helping to make your joint replacement experience from pre-op to hospital discharge go as smoothly as possible. Please feel free to contact the Rehab Director at 802-388-4777.**

**BRANDON OFFICE .....802-247-9302**

**CATAMOUNT OFFICE .....802-388-4430**

**VERGENNES OFFICE .....802-877-3378**

**HOSPITAL OFFICE .....802-388-4777**

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