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Physiotherapy for Shoulder and Hip and Knee Replacement Recovery by [Brian Anderson](#)

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Every year, thousands of Canadians go through hip, shoulder and knee replacement surgeries, the three most common types of joint replacement/orthopaedic surgeries. The majority of people go through this type of surgery because of osteoarthritis. Osteoarthritis is a common bone and joint problem. It occurs when the smooth cartilage that cushions and protects the joints are worn away, and can cause pain, swelling, and loss of movement and mobility. The pre-operative pain usually eases after joint replacement. Patients will be able to gain more flexibility and move better, allowing patient to return to the normal state.

Physiotherapy and Occupational Therapy play an important role in the overall outcome of joint replacement surgeries. The goals of physiotherapy are to prevent contractures, enhance patient knowledge, and strengthen muscles around the joint through controlled exercise programs.

You could prepare pre-operatively for your rehabilitation program. Try to stay as active as you can tolerate and maintain some form of exercise so you won't be in a de-conditioned by the time of surgery. It is also important to remember to use pain medication in moderation as the body will grow tolerance. Keep friends and family involved before and after surgery to help you prepare, assist in your hospital discharge and encourage your rehabilitative exercise.

Either in home or in hospital, physiotherapy can begin soon after joint replacement surgery. Please ask your doctor for his/her advice. It usually begins with some minor physiotherapy while sitting in a chair and progress into stepping, walking and climbing. This form of rehabilitation is important in improving strength, range of motion and gait. Physiotherapy can help expedite a patient's return. It's also beneficial to those looking to be able to participate in higher-level activities such as golfing or swimming.

Most post-joint replacement physiotherapy includes walking and other movement regimens intended to gradually increase joint mobility and muscle strength. These rehabilitation programs also involve steady resumption of activities of daily living and household tasks, as well as small, repetitive exercises every day to continue to strengthen the muscles and increase range of motion. Strengthening, range of motion and walking are all very important early on in the process and will not harm the joint replacement.

Physiotherapy is vital to hip, shoulder and knee replacement recovery, but for some, it is difficult to know when and how much effort to put into your rehabilitation program. When compliance is the key to a successful rehabilitation program, follow your physiotherapist's instruction once you continue therapy on your own. In most cases, patients should push themselves to the point that they are just about to feel pain. Initiating range of motion may be uncomfortable, but pain should subside. Constant motion is generally good for patients' recovery from joint replacement surgery.

Occupational therapists can also be a part of the rehabilitation process. These therapists review precautions with the patients related to everyday activities. They also educate the patients about the adaptive equipment that is available and the proper ways to do their activities of daily living.

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Brian Anderson has written several reviews on various products one of them being the products that can help you a [physiotherapy assistant](#). Read on more his articles on hip. shoulder and a [knee replacement](#) to know about a [occupational therapy](#).

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