

third edition

REHABILITATION

for the Postsurgical Orthopedic Patient



LISA MAXEY
JIM MAGNUSSEN



ELSEVIER

Rehabilitation For The Postsurgical Orthopedic Patient Procedures And Protocols

Jane C. Rothrock



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Rehabilitation for the Postsurgical Orthopedic Patient Lisa Maxey, Jim Magnusson, 2012-12-14 With detailed descriptions of orthopedic surgeries Rehabilitation for the Postsurgical Orthopedic Patient 3rd Edition provides current evidence based guidelines to designing effective rehabilitation strategies Coverage of each condition includes an overview of the orthopedic patient s entire course of treatment from pre to post surgery For each phase of rehabilitation this book describes the postoperative timeline the goals potential complications and precautions and appropriate therapeutic procedures New to this edition are a full color design and new chapters on disc replacement cartilage replacement hallux valgus and transitioning the running athlete Edited by Lisa Maxey and Jim Magnusson and with chapters written by both surgeons and physical therapists Rehabilitation for the Postsurgical Orthopedic Patient provides valuable insights into the use of physical therapy in the rehabilitation process Comprehensive evidence based coverage provides an overview of the orthopedic patient s entire course of treatment from pre to post surgery including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs Case study vignettes with critical thinking questions help you develop critical reasoning skills Indications and considerations for surgery describe the mechanics of the injury and the repair process so you can plan an effective rehabilitation program Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase Evidence based coverage includes the latest clinical research to support treatment decisions Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines A Troubleshooting section in each chapter details potential pitfalls in the recovery from each procedure Over 300 photos and line drawings depict concepts procedures and rehabilitation Detailed tables break down therapy guidelines and treatment options for quick reference Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself and physical or occupational therapists discussing therapy guidelines New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement cartilage replacement hallux valgus and transitioning the running athlete New full color design and illustrations visually reinforce the content Updated Suggested Home Maintenance boxes in every chapter provide guidance for patients returning home References linked to MEDLINE abstracts make it easy to access evidence based information for better clinical decision making

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design and new chapters on disc replacement cartilage replacement hallux valgus and transitioning the running athlete Edited by Lisa Maxey and Jim Magnusson and with chapters written by both surgeons and physical therapists Rehabilitation for the Postsurgical Orthopedic Patient provides valuable insights into the use of physical therapy in the rehabilitation process Comprehensive evidence based coverage provides an overview of the orthopedic patient s entire course of treatment from pre to post surgery including a detailed look at the surgical procedures and therapy guidelines that can be used to design the appropriate rehabilitation programs Case study vignettes with critical thinking questions help you develop critical reasoning skills Indications and considerations for surgery describe the mechanics of the injury and the repair process so you can plan an effective rehabilitation program Therapy guidelines cover each phase of rehabilitation with specifics as to the expected time span and goals for each phase Evidence based coverage includes the latest clinical research to support treatment decisions Overview of soft tissue and bone healing considerations after surgery helps you understand the rationale behind the timelines for the various physical therapy guidelines A Troubleshooting section in each chapter details potential pitfalls in the recovery from each procedure Over 300 photos and line drawings depict concepts procedures and rehabilitation Detailed tables break down therapy guidelines and treatment options for quick reference Expert contributors include surgeons describing the indications and considerations for surgery as well as the surgery itself and physical or occupational therapists discussing therapy guidelines New coverage of current orthopedic surgeries and rehabilitation includes topics such as disc replacement cartilage replacement hallux valgus and transitioning the running athlete New full color design and illustrations visually reinforce the content Updated Suggested Home Maintenance boxes in every chapter provide guidance for patients returning home References linked to MEDLINE abstracts make it easy to access evidence based information for better clinical decision making

Rehabilitation for the Postsurgical Orthopedic Patient Lisa Maxey,Jim Magnusson,2006-12-07 This is a Pageburst digital textbook the product description may vary from the print textbook This text provides the physical therapist with the information they need to know about specific orthopedic surgeries and the rehabilitation techniques Each chapter presents the indications and considerations for surgery a detailed look at the surgical procedure including the surgeon s perspective regarding rehabilitation concerns and therapy guidelines to use in designing the rehabilitation program In addition to including descriptions of each surgery this book provides rehabilitation protocols for each surgery along with ways to trouble shoot within various patient populations i e geriatric athletic pediatric etc Unlike the more general orthopedic books this book provides specific clinical information about individual orthopedic surgeries along with a chapter on soft tissue healing Each chapter is written by an MD and PT or OT providing both surgical and rehabilitation information Includes the latest evidence based therapy guidelines to help therapists design the most effective rehab programs for their patients Every chapter includes case study vignettes with critical thinking questions to encourage students to use clinical reasoning Provides detailed tables that break down therapy guidelines with rehab phases

to give a quick resource to rehabilitation and therapy plans Includes the indications and considerations of specific surgical procedures to demonstrate why surgery should or should not be considered Describes surgeries in detail to give therapists a clear understanding of the surgical procedures used for various injuries and disorders so they can fashion the appropriate rehabilitation program Includes coverage of commonly accepted therapy guidelines to allow therapists to design a home therapy program as well as what s needed immediately post surgery Suggested Home Maintenance boxes included in every chapter provide guidance for the patient once they return home Emphasizes the unique needs of the individual patient with suggested home maintenance guidelines and the entire treatment plan broken out by phase for every chapter Over 300 photos and line drawings provide invaluable teaching tools for instructors and references to the practitioners Content provided by well known contributors from around the country Four new chapters Pathogenesis of Soft Tissue and Bone Repair Total Shoulder Replacement Surgery and Rehabilitation for Primary Flexor Tendon Repair in the Digit and Cervical Spine Fusion Includes new information within the appendices on transitioning the running and jumping athlete e g basketball player back to court and the mini invasive anterior approach to total hip replacement New authors and editors bring fresh perspective to the topics covered in the text Each chapter is thoroughly revised with the most current information available on orthopedic surgeries and therapy Evaluations and guidelines are designed more specifically to the surgical diagnoses for the postsurgical patient Companion CD ROM includes the suggested home maintenance boxes in a printable and editable form as well as anatomical and surgical animations on important procedures and anatomical areas

Handbook of Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician - E-Book Hospital for Special Surgery,2008-02-08

Providing a wealth of guidelines and background information on postsurgical rehabilitation of the orthopedic patient in a convenient format this portable reference is the therapist s first choice for a quick overview of the rehabilitation plan following orthopedic surgery Easy to follow phase guideline boxes encapsulate crucial information for over 45 surgeries into phases of healing and rehabilitation covering goals precautions treatment strategies and criteria for advancement perfect for the busy clinical setting Quickly find and review the information you need with convenient bulleted rehabilitation guideline tables Succinct overviews of surgical procedures help you remember key details of surgical procedures Brief overviews of rehabilitation plans let you quickly review the principles and strategies of rehabilitation that promote healing and recovery from orthopedic surgical procedures Criteria for advancement help you determine when your patient is ready to advance to the next phase of rehabilitation Editors and contributors from one of the world s most prestigious orthopedic hospitals provide authoritative guidance on orthopedic rehabilitation

Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician Hospital for Special Surgery,JeMe Cioppa-Mosca,Janet B. Cahill,Carmen Young Tucker,2006-06-08

Designed to help therapists provide post surgical rehabilitation based on best practices and evidence based research this comprehensive reference presents effective guidelines for postsurgical rehabilitation interventions Its authoritative material

is drawn from the most current literature in the field as well as contributions from expert physical therapists occupational therapists and athletic trainers affiliated with the Hospital for Special Surgery HSS A DVD accompanies the book featuring over 60 minutes of video of patients demonstrating various therapeutic exercises spanning the different phases of postsurgical rehabilitation Examples include hand therapy procedures working with post surgical patients with cerebral palsy sports patient injuries and pediatric procedures for disorders such as torticollis Material represents the best practices of experts with the Hospital of Special Surgery one of the best known and most respected orthopedic hospitals Phases of treatment are defined in tables to clearly show goals precautions treatment strategies and criteria for surgery Many of the treatment strategies are shown in videos on the accompanying DVD enabling the user to watch the procedure that is discussed in the text Information on pediatric and geriatric patients explores differing strategies for treating these populations Treatments specific to sports injuries are presented highlighting the different rehabilitation procedures available for athletes An entire section on hand rehabilitation provides the latest information for hand specialists Information on the latest treatment strategies for hip replacement presents complete information on one of the most common procedures Easy to follow guidelines enable practitioners to look up a procedure and quickly see the recommended rehabilitation strategy A troubleshooting section provides solutions for common problems that may occur following each phase of the rehabilitation process Broad coverage addresses both traditional techniques as well as newer methods in a single resource Clear photos and illustrations show how to correctly perform the techniques described in the book

Postsurgical Orthopedic Sports Rehabilitation Robert C. Manske, 2006-01-01 Written by well known experts in a reader friendly style this is the only book to focus specifically on post surgical guidelines for successful rehabilitation of the knee and shoulder for sports patients Content covers basic concepts related to soft tissue healing as well as core concepts in sports medicine rehabilitation all of which lay the groundwork for discussions of specific protocols Detailed descriptions of the latest post surgical procedures for various knee and shoulder pathologies equip readers with essential knowledge needed to recommend the most effective treatment plans Includes a separate section on multiple ligament knee injuries Numerous photos and radiographs of topics discussed in the text serve as excellent visual references in the clinical setting Detailed descriptions of the most current surgical protocols for various knee and shoulder pathologies help readers recommend the best treatment based on proven rehabilitation plans The inflammatory response is described with regard to its role in soft tissue healing following surgical procedures of the knee and shoulder Protocols based on the most recent research available promotes evidence based practice A chapter on rotator cuff injuries includes authoritative up to date information on this topic A chapter on cartilage replacement focuses on the nuts and bolts of rehabilitation for this common injury offering current hands on information about one of the fastest changing treatment protocols Contributors are expert therapists and physicians respected leaders in their field Each chapter highlights post op guidelines and protocols in a consistent format that is immediately accessible and easy to reference

Comprehensive information on soft tissue healing is presented A separate section on multiple ligament knee injuries presents hard to find information that is rarely covered in other resources or literature

Fundamental Orthopedic Management for the Physical Therapist Assistant - E-Book Robert C. Manske, 2021-07-15 NEW Updated content and references are added throughout the book to reflect changes in practice patterns NEW Expanded full color illustrations add clarity to anatomy and procedural drawings and make it easier to learn important concepts NEW Updated chapter summaries highlight essential need to know information NEW Updated educator and student resources on the Evolve website provide tools to make teaching and learning easier

Arthritis and Arthroplasty: The Hip Thomas E. Brown, Quanjun Cui, William M. Mihalko, Khaled Saleh, 2009-06-18 The Hip a volume in the new Arthritis and Arthroplasty series offers expert guidance on everything from patient selection and pre operative planning to surgical approaches and techniques Clear evidence based coverage details which technology and methodology used for total Hip arthroplasty THA reconstruction or revision is best for each patient Access discussions of debates on minimally invasive surgery component material and bearing options cemented vs uncemented fixation of the components and more Explore alternatives to THA in younger arthritic patients and view expertly narrated video demonstrations of surgical techniques In addition to providing practical pragmatic advice in a concise readable format this Expert Consult title offers the full text of the book as well as links to PubMed and periodic content updates online at expertconsult.com Access the full text of the book as well as links to PubMed and periodic content updates on outcome data component materials and surgical techniques online at expertconsult.com Features procedural videos narrated by experts on the included DVD so you can see how to perform particular techniques Covers periacetabular osteotomy neurovascular injury and other hot topics to keep you abreast of the latest developments in the specialty Provides evidence based clinically focused guidance on patient selection pre operative planning surgical approach and techniques bearing surfaces and component materials disease specific options the management and avoidance of complications salvage and revision THA strategies and more Discusses variations in technique including cemented vs cementless fixation resurfacing or more radical removal of bone and minimally invasive technique where the exposure is more limited so you can choose which is most effective for each patient Explores alternatives to THA in younger arthritic patients such as arthroscopy arthrodesis osteotomy and resurfacing Includes a review page in every chapter for quick reference to pearls and pitfalls for each topic Presents photographs and interpretive drawings of surgical techniques in full color to bring out intraoperative details as they appear in the operating room

Special Procedures in Foot and Ankle Surgery Amol Saxena, 2012-08-13 Foot and ankle surgery has grown rapidly within the last 20 years due to international collaboration between podiatric orthopaedic and trauma surgeons from around the globe This book aims to provide trainees with a general overview of topics encountered in foot and ankle surgery by presenting the general surgery section published originally within International Advances in Foot and Ankle Surgery While this book does not exclude scientific background it emphasizes a practical hands

on approach To meet the demand of all foot and ankle surgeons the book encompasses forefoot and rearfoot deformities as well as reconstructive surgery of the diabetic foot This book will appeal to trainees who have yet to specialise but need access to an easy reference companion within general foot and ankle surgery *Alexander's Care of the Patient in Surgery - E-Book* Jane C. Rothrock,2022-07-01 Selected for Doody s Core Titles 2024 in Perioperative Gain the knowledge and skills you need to provide safe effective perioperative nursing care Alexander s Care of the Patient in Surgery 17th Edition is the definitive resource for nurses and surgical technologists training for a career in the operating room Illustrated step by step instructions cover patient care in more than 400 surgical interventions including patient positioning instrumentation and postoperative care Along with the latest on robotic surgery and a review of evidence based guidelines this edition includes new coverage of COVID 19 and gender affirmation surgery From well known educator Jane C Rothrock and with every chapter authored by an expert nurse Alexander s gives you the tools you need to pass the CNOR certification exam and succeed in the surgical setting

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