

third edition

# REHABILITATION

for the Postsurgical Orthopedic Patient



LISA MAXEY  
JIM MAGNUSSON



ELSEVIER

# Rehabilitation For The Postsurgical Orthopedic Patient Procedures And Protocols

**Lisa Maxey, Jim Magnusson**



## **Rehabilitation For The Postsurgical Orthopedic Patient Procedures And Protocols:**

**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

*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

*Rehabilitation for the Postsurgical Orthopedic Patient* Lisa Maxey, Jim Magnusson, 2013-01-22 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     [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 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 s 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 s rarely covered in other resources or literature

**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      **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      **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      **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      **International Advances in Foot and Ankle Surgery** Amol Saxena,2011-09-28 A comprehensive textbook of some of the most common and difficult to deal with pathologies The first truly international multidisciplinary manual of foot and ankle surgery by the specialty's leaders and most experienced surgeons The management of various conditions in the foot and ankle will be approached by authors in different parts of the world Authors will be invited to provide radiographs diagrams and intra operative pictures to illustrate the procedures described Current up to date trends and techniques using a scientific approach including evidence based guidelines where applicable The reader will be exposed to a step by step approach to each procedure presented No outcome research has been performed in this area and the book may serve as a reference in this respect      Orthopedic Management of the Hip and Pelvis Scott W. Cheatham,Morey J Kolber,2015-11-30 Provide effective treatment of hip and pelvic disorders Orthopedic Management of the Hip and Pelvis offers evidence based information on the care of non surgical and surgical patients with common pathologies and injuries Comprehensive guidelines cover a wide range of topics from anatomy and assessment to strains tears and disorders that affect groups such as females children dancers and patients with arthritis Full color illustrations and real life case studies demonstrate how concepts can be applied in clinical practice Written by physical therapy and orthopedics experts Scott Cheatham and Morey Kolber this is the first book in the market to focus solely on disorders of the hip and pelvis region      *Physical Therapy* Hideki Nakano,2024-02-28 Since the concept of evidence based medicine was introduced into medical practice a paradigm shift from conventional empirical based physical therapy to evidence based physical therapy has been promoted In order to practice evidence based physical therapy the elements of using evidence creating evidence and communicating evidence are essential However these practical methods still need wide dissemination As such this book provides a comprehensive overview of evidence based physical therapy Chapters are



organized into three sections Physical Therapy Theory Physical Therapy Assessment and Physical Therapy Practice This book will help healthcare professionals establish evidence based physical therapy and deliver optimal physical therapy to their patients

**Orthopaedic Rehabilitation of the Athlete** Bruce Reider, George Davies, Matthew T Provencher, 2014-12-15 Prevent athletic injuries and promote optimal recovery with the evidence based guidelines and protocols inside Orthopaedic Rehabilitation of the Athlete Practical expert guidance a templated user friendly format make this rehab reference ideal for any practitioner working with athletes Consult this title on your favorite e reader conduct rapid searches and adjust font sizes for optimal readability Apply targeted evidence based strategies for all internationally popular athletic activities including those enjoyed by older adults Ensure optimal care from injury prevention through follow up 2 years post injury Make safe recommendations for non chemical performance enhancement

*Revision Total Hip Arthroplasty* Eric L. Smith, James V. Bono, 2025-05-05 Revision total hip arthroplasty THA helps solve the reconstructive challenges facing surgeons today This comprehensive text encompasses the necessary background and foundation for the reader to better understand the principles of revision THA highlighting the preferred techniques and solutions of regional centers across the US that are known for excellence in revision THA Across eleven thematic sections this book presents modern techniques to solve common problems with an emphasis on intra operative and clinical photos The opening section discusses general considerations and principles of revision THA including the global burden soft tissue balancing and biomechanics and biomaterials The next few sections cover evaluation pre operative planning and surgical exposures then dive into acetabular femoral and trochanteric reconstruction techniques An entire section is dedicated to author preferred techniques for managing instability aseptic loosening periprosthetic infection and fracture corrosion implant failure and more The final sections discuss methods to minimize complications unique considerations and special considerations for revision THA from abductor tears to the role of physical therapy This well illustrated state of the art text will prepare orthopedic surgeons of every level to solve unique and common etiologies of failed THA making this a practical guide for every revision surgeon

**Reverse Shoulder Arthroplasty** Mark Frankle, Scott Marberry, Derek Pupello, 2015-10-20 Focusing exclusively on reverse shoulder arthroplasty RSA techniques and devices this plentifully illustrated text covers all aspects of this important and innovative treatment for shoulder pain and dysfunction The book begins with a history of RSA followed by a thorough overview of the basic science and biomechanics of the shoulder Indications for and clinical applications of RSA in a number of surgical interventions are then described including the revision of failed shoulder arthroplasty setting in cases of glenoid and humeral bone loss and rotator cuff tears A whole section is then dedicated to various commercial devices with descriptive expert analysis of the design and implementation of each An examination of the current economic value of RSA including cost effectiveness and expected cost outcomes comprises the final section Reverse Shoulder Arthroplasty can therefore be read either from start to finish allowing orthopedic surgeons to appreciate the various perspectives offered or by

selecting specific topics of interest much like a how to manual of either a particular device design or the treatment of a specific pathology

**Video Atlas of Shoulder Surgery** Peter D McCann, 2013-03-31 This video atlas contains six DVD ROMs demonstrating techniques in shoulder surgery Divided into nine sections the atlas begins with an introduction to general set up followed by surgical procedures for different shoulder conditions arthroscopic and open instability and rotator cuff biceps tendon glenohumeral arthritis fractures and miscellaneous conditions The videos feature both routine and complex procedures and include a written summary to assist understanding New techniques are discussed as well as updated procedures for more traditional surgery An internationally recognised author team has contributed to this video atlas The editor in chief Peter D McCann is the chief editor of the American Journal of Orthopedics Key points Comprehensive video atlas demonstrating numerous new and traditional routine and complex techniques for shoulder surgery Each chapter includes written summary to help explain video Internationally recognised author team Editor in chief Peter D McCann is chief editor of American Journal of Orthopedics

*Evidence-Based Orthopaedics E-Book* James G. Wright, 2008-12-17 Dr James Wright Associate Editor for the Journal of Bone and Joint Surgery presents this landmark publication and novel approach to orthopaedic problems and solutions This new evidence based reference examines clinical options and discusses relevant research evidence to provide you with expert recommendations for best practice The consistent chapter format and featured summary tables provide at a glance access to the evidence based literature and clinical options Leading authorities contribute their expertise so you can apply the most effective clinical solutions to the persistent questions you encounter in your practice The result is an outstanding resource in clinical orthopaedics as well as a valuable framework for translating evidence into practice Covers common and controversial clinical problems that address the full range of nagging questions in your practice such as the best treatment for displaced fractures of the distal radius or which DVT prophylaxis to use in joint replacement surgery Provides a consistent chapter format that presents clinical questions with evidence based graded recommendations for each treatment to help you make the best informed decisions Includes abundant summary tables that synthesize available literature and recommended clinical approaches for information at a glance

Manual Therapy for Musculoskeletal Pain Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-06-26 A pioneering one stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real life screening diagnosis and management of patients with musculoskeletal pain across the whole body Led by an experienced editorial team the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence The textbook is divided into eleven sections covering the top evidence informed techniques in massage trigger points neural muscle energy manipulations dry needling myofascial release therapeutic exercise and psychological approaches In the General Introduction several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients

affected by pain In Chapter 5 the basic principles of the physical examination are covered while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education For the remaining sections the textbook alternates between the upper and lower quadrants Sections 2 and 3 provide state of the art updates on mechanical neck pain whiplash thoracic outlet syndrome myelopathy radiculopathy peri partum pelvic pain joint mobilizations and manipulations and therapeutic exercises among others Sections 4 to 9 review pertinent and updated aspects of the shoulder hip elbow knee the wrist and hand and finally the ankle and foot The last two sections of the book are devoted to muscle referred pain and neurodynamics The only one stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an expert editorial team and contributed by internationally renowned researchers educators and clinicians Covers epidemiology and history taking Highly practical with a constant clinical emphasis

**Therapeutic Exercise** Carolyn Kisner,Lynn Allen Colby,John Borstad,2017-10-18 Here is all the guidance you need to customize interventions for individuals with movement dysfunction You ll find the perfect balance of theory and clinical technique in depth discussions of the principles of therapeutic exercise and manual therapy and the most up to date exercise and management guidelines

Eventually, you will totally discover a other experience and endowment by spending more cash. nevertheless when? do you say you will that you require to acquire those every needs in imitation of having significantly cash? Why dont you attempt to acquire something basic in the beginning? Thats something that will lead you to comprehend even more more or less the globe, experience, some places, later than history, amusement, and a lot more?

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### Rehabilitation For The Postsurgical Orthopedic Patient Procedures And Protocols Introduction

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