

## May 21 - Physio Can Help Pre and Post Surgery Care

Physiotherapists play an important role in the management of joint replacement patients. Pre op, they triage for surgical candidacy and educate patients scheduled for surgery. Post op, they are fundamental for rehabilitation in the hospital and the community.

For some conditions, seeing a physiotherapist may help you avoid surgery altogether! For example, physiotherapy helps many knee osteoarthritis patients avoid operations. A 2016 review has also concluded that exercise rehabilitation and non-operative treatment should be considered in patients with rotator cuff tendinopathies, partial-thickness tears and potentially small full-thickness tears.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4827371/>

# Physio Can Help with Pre + Post Surgery Care



#PhysioCanHelp

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