

“SEVEN SERIOUS...yet not so SECRET TIPS for Knee Rehab”

1. **Get a specialist!** You wouldn't ask an auto repair man to fix your roof would you?! I would like my roof done quickly and efficiently by a roofer who fixes roofs day in and day out. You know... experienced, specialized!!
2. **Fill up your tank!** Be ready. If able, make certain that your body has the strength and flexibility to handle the unexpected, or the upcoming. Even if it is your knee that is undergoing surgery, your arms and core need to work overtime using crutches, a walker, or just getting on and off the couch one legged! Not sure what to do...call us.
3. **Set your Goals!** What is it that you are limited from doing because of your injury and condition? Do you want to play with your grandchildren on the floor, walk across a grassy field, play sports, or just stand on one leg to get your pants on? Once you know your goals, you and your therapist can work towards them.
4. **Get involved!** Pick a Physical Therapy clinic that you enjoy spending time in, since you will be there two times a week to start for a little while. You will be able to be around others like you recovering from surgeries or injuries also. You will be able to talk to your PT, and just as importantly, speak with other people about their recovery process to gain insight and reassurance in your progress.
5. **Pain.....No Gain!** If your doctor prescribes pain medications, take them! You are having surgery not a picnic, some soreness should be expected. However, pain and swelling reduce your ability to strengthen your quadriceps (you know the big muscles on the front of your thighs that help you do just about everything!). Pain can also greatly reduce your ability to make gains in the crucial ranges of motion you need to complete in the first week after surgery. Less pain will get you more gain...really.
6. **Take notes!** Either you or a buddy will need to write some things down. It may seem simple at the time but trust us there is a lot of information on the first visit or two and it can be easy to forget. We encourage you to draw pictures or diagrams of your exercises. You can also take pictures with your camera or cell phone to help you recall things later!
7. **Own your program!** Your doctor and your PT will give you all of the information, instruction and support that you need to succeed but there is only one person who can make it happen and that is Y-O-U! We can encourage, motivate and help you while you are here at Peak Performance PT but outside of the building it is your knee, your program. Own it. Do it. It's not always easy but if you follow their instructions you will be on your way to a successful recovery!

Hope these tips were helpful. We will talk again next month!
Until then...please take care of yourself.

Karen