

Services

Post Surgical Rehabilitation

Post-Surgical Rehabilitation at Hillcrest Physiotherapy in Abbotsford

Post-surgical rehabilitation requires a combination of supportive modalities for you to regain your previously active lifestyle. Physiotherapy can help you have a faster and fuller recovery.

Your physiotherapist at Hillcrest Physiotherapy in Abbotsford will work closely with your physician and your surgeon. This team approach to your recovery surrounds you on your healing path to ensure you make the best possible recovery in the shortest possible time.

After a thorough assessment, your physiotherapist will custom design a program to help you increase your activity level, strength, and range of motion. The goal is to help you return to your active life as quickly as possible.

Physiotherapy at Hillcrest Physiotherapy in Abbotsford offers rehabilitation for post-surgical patients from surgeries like:

- Total hip replacement
- Shoulder Rotator cuff repair
- Ankle reconstruction
- Total knee replacement
- Elbow reconstruction
- Spine surgery
- Shoulder replacement

How Can Physiotherapy Help After Joint Surgery? Post-Surgical Rehabilitation in Abbotsford

After your joint surgery, you'll find the physiotherapists at Hillcrest Physiotherapy in Abbotsford offer a supportive, healing environment. We focus on helping you regain your highest possible functional level. Our patients find physiotherapy helps in many areas, such as:

Pain Management – Your physiotherapist will implement your custom treatment plan with soft tissue techniques, gentle joint mobilizations, and other therapy aids to help you manage your pain.

Avoids Muscle Wastage – Specific exercises ensure muscle wastage is kept to a minimum. You will start early and work through a progressive series of tailored exercises to keep pace with your improvement. Less muscle wastage means reduced recovery times.

Reduces Formation of Scar Tissue – When too much scar tissue forms after surgery, you may find you end up with more pain and less range of motion. Your physiotherapist knows how to reduce the risk of scar tissue formation and reduce pain by desensitizing nerves.

Improves Functional Ability – A physiotherapy rehabilitation program helps restore and improve your functional ability. Most often, your physiotherapist will recommend a combination of modalities to improve your function in a graduated way without aggravating your condition.

Increases Joint Stability – Physiotherapy can help regain joint stability with neuromuscular training and specific exercises.

Education – Education is a big part of physiotherapy. Your physiotherapist will provide you with post-surgery information on how to manage your recovery. They will help you with issues like:

- Understanding your surgery. What is the normal healing process? What are typical recovery times?
- Modifications to activities of daily living
- Possible complications after surgery
- Effective pain and recovery management strategies
- How to use mobility aids like crutches, canes, or walkers
- How to avoid aggravating the joint

Contact Us at Hillcrest Physiotherapy as soon as you know you might have surgery – or right afterwards. Talk to us before or after your surgery about Post-Surgical Rehabilitation in Abbotsford.

Make an Appointment

Request an Appointment

[Close x](#)

Sending...

Your message was successfully sent. Thank you for your time.

Date and time

First name*

Email*

Phone*

*phone must be 10 digits

Service*

We will call you soon to discuss availability.