

# Overview of Orthopedic Rehab Services

## **Initial Evaluation (60 minutes)**

- The therapist will review and discuss your medical history with you and ascertain your goals for therapy.
- The therapist will do a physical examination which may include: an assessment of your posture, strength, range of motion, balance, gait, and other tests.
- The therapist may perform manual therapy techniques and / or teach you specific exercises to do at home.
- The therapist may provide taping techniques or offer recommendations regarding supportive devices.
- The therapist will answer any questions you have about your condition and determine a plan of care and timeframe for your likely recovery.

## **Follow Up (30-60 minutes)**

- Your therapist will assess your current symptoms.
- Your therapist will assess your response to your treatment and home program.
- Your treatment and home program will be modified to adapt to the progress you have made.
- Your treatment plan will be progressed to include functional/sport specific activities.
- You will be advised when it is safe to resume work, household, and sports activities.

## **Discharge**

- Your discharge is dependent on progress towards your goals, your tolerance and response to treatment and your specific needs.
- You will be discharged with a home exercise and self-care program to maintain your progress.