

# Orthopedic Rehabilitation

## Sport Injuries:

Result from acute trauma or repetitive stress associated with athletic activities. Sports injuries can affect bones or soft tissue such as ligaments, muscles, and tendons. Children are more likely to suffer sports injuries than adults since a child's vulnerability is heightened by immature reflexes, an inability to recognize and evaluate risks, and underdeveloped coordination.

Our Physical Therapy goal is to treat, rehabilitate, recondition and return the physically active population to their prior activity level. We emphasize the importance of early injury recognition and treatment assuring quick and safe return to activities in order to prevent recurring injuries.

## Orthopedic Surgeries:

Is the branch of surgery concerned with conditions involving the musculoskeletal system. Here are the top 4 most common orthopedic surgeries:

**A. Total Joint Replacement:** most of the patients that undergo a total joint replacement surgery are previously diagnosed with severe arthritis and seek pain relief and increased range of motion.

**B. Total Shoulder Replacement:** it may sound painful, but this procedure can greatly help patients feel better overtime, diminishing the pain they may be feeling in a joint they use so much like the shoulder.

These procedures involve replacing damaged parts of the bone and cartilage with a metal or plastic implant.

**C. Spine Surgery:** there are a variety of problems that may lead to spine surgery. One of the main reasons why patients seek professional help is because of the increasing back pain that impairs their day-to-day life.

**D. ACL Reconstruction:** ACL stands for the Anterior Cruciate Ligament, which is the major stabilizing ligament of the knee.

Our Physical Therapy goal is to restore the patient's activity, strength and motion right after injury or surgery. Orthopedic patients typically have deficiencies and weaknesses which could be eliminated or alleviated via specific targeted workouts. A specialized clinician will show the patient and teach them the appropriate workouts designed to restore and enhance function and minimize the problems. Orthopedic clinicians are educated about surgical procedures and are able to adapt and adjust their knowledge to treat each individual patient.

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