

## **TREATMENT AFTER SURGERY**

Post-operative treatment and rehabilitation is provided to ensure optimal recovery and function after surgery.

During the early recovery phase after surgery focus is placed on:

- Pain relief
- Reduction of swelling
- Stretching of muscles and joints to restore range of motion
- Core strengthening and stability exercises
- Gait (walking/movement) re-education

As the treatment program continues, the exercises will be adjusted accordingly with the introduction of balance and proprioception tasks until full functionality is restored.