



Welcome to All Care Physiotherapy News. We are here to help you, so if you have any feedback or requests for future articles, please feel free to contact us via email or directly at our clinic.

POST OPERATIVE REHABILITATION

Have you had an operation?

the surgery in hospital right through to your full recovery.

Had your ACL repaired? Or had your hip or knee replaced?

So what are the common questions our patients ask us when having surgery?

Did you know that all care physiotherapists can get you back on your feet and guide you step by step through your recovery.

How much will it hurt?

Our physiotherapists are the specialists to guide and assess your recovery from surgery.



All surgery will result in some pain. Major surgery like total knee replacements will generally have more pain than a knee reconstruction.

We can assess your muscles, joint range, balance, and function and help you achieve a quick and safe recovery.

The anesthetist will generally give enough pain relief for you to be comfortable. Most pain will settle in the first 4-5 days.

We work with a large number of Orthopaedic Surgeons so we know and understand their protocols and regularly liaise with them about your progress.

How long will take to recover?

If you have surgery at the Brisbane Private Hospital, we can look after you from right after

This depends on the operation. A knee reconstruction will take 9 months before you can return to full sporting activities but

ALL CARE TEAM

- Patrick Cruice**
Principal Physiotherapist
- Marianne Mendis**
Physiotherapist
- Belinda Jarrett**
Physiotherapist
- William O'Callaghan**
Physiotherapist
- Wendy Harris**
Receptionist/Admin
- Gillian Kehoe**
Receptionist



POINTS OF INTEREST

Our Clinic provides:

- On-the-spot Health Fund rebates.
- Up to 2 hrs free parking in Brisbane Private Hospital and Specialist Centre Car Parks only (if available) by presenting parking ticket to receptionist for validation.





Level 5 Specialist Centre
Brisbane Private Hospital
259 Wickham Terrace
Spring Hill Qld 4000

Phone: 07 3834 6501
Fax: 07 38346564
Email: all_care@tpg.com.au

Services Provided

Spinal care
Joint care
Muscle care
Sports care
Work care
Orthopaedic care

We're on the Web!
allcarephysiotherapy.com.au

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you are able to walk normally after 3 weeks and can run after 4 months.

A Knee replacement will result in being on crutches for 3-4 weeks and back to full activities ie walking, bowls and golf by 4-6 months.

What does the surgery entail?

Each surgery is different but we can guide you step by step on the surgery and what the effects are.

A knee reconstruction uses 2 hamstring tendons as the graft for the new ligament. Your body grows ligament tissue over the graft and molds it into a new ligament.

A knee replacement is removing the worn joint surfaces and replacing them with a prosthesis.

All Care Physiotherapy is here to help you understand your surgery and assist you in your recovery.

Come in for a massage in 2008

All care Physiotherapy will have a massage therapist on staff in 2008. Wendy Harris will provide a massage service on a Tuesday initially in 2008.

Bookings can be made on the practice number 38346501.

Please let us know if you do **NOT** wish to receive our newsletter. If you have any ideas for articles, please email us at all_care@tpg.com.au and attention it "Newsletter Editor"

REMEMBER YOUR HEALTH FUND REBATE ALLOWANCE EXPIRES ON DECEMBER 31TH.

So if you need to be in top shape before the XMAS holidays make sure you see one of our physios to fix any lingering problems before the end of the December.