

HEALTH & WELLNESS NEWSLETTER

2024



Finding Relief After Total Joint Replacement

Have you had a recent total joint replacement of the knee or hip? Do you still have pain or weakness when walking, climbing stairs, or squatting down to retrieve a dropped item? You may benefit from physiotherapy after surgery.

At Expert Physio Plus, our physiotherapists can provide you with the guidance you need to restore your motion, strength, and ability to perform daily activities without pain or limits! A total joint replacement is a surgical procedure where the arthritic or damaged joints are removed and replaced with a device called a prosthesis. The prosthesis is designed to replicate the movement and function of a normal joint.

Our clinic provides joint replacement rehabilitation to those who had a replacement procedure or even those experiencing limitations months and even years after their procedure. If your knee and/or hip joints are a constant source of pain, weakness, or limitation in any way, Expert Physio Plus can help provide you with some relief. Call today to schedule an appointment with one of our specialists!

How to tell when you need a joint replacement

If you have tried treatments including medication, physiotherapy, and activity modifications without relief, you may be a candidate for a total joint replacement.

The most common reasons for a joint replacement include:

- **Severe joint damage.** This is typically due to advanced/end stages of osteoarthritis or rheumatoid arthritis.
- **Severe trauma to the joint(s).** Fractures and dislocations often lead to joint replacements. Some injuries can only be addressed through surgical treatment, depending on how critical the damage was.
- **Chronic pain.** If your pain constantly affects your daily life and no other treatments have seemed to help, your doctor may suggest surgery.

If you believe you may require total joint replacement surgery, it is essential to prepare yourself for the process.

GLOUCESTER (BLACKBURN HAMLET)

2666 Innes Rd.
Ottawa, ON K1B 4Z5, Canada

613.927.9752



ORLEANS

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What can you do to prepare for total joint surgery?

Consulting with one of our physiotherapists can help prepare you physically, mentally, and emotionally for your upcoming surgery. Understanding what to expect has been shown to help achieve post-operative goals faster.

Our pre-operative assessment and treatment session helps decrease the length of stay post-operatively, reduces anxiety before and after surgery, improves self-confidence, and establishes a relationship with your physiotherapist.

You can help ensure a smooth surgery and speedy recovery by planning. You can also ensure an early return of your function by learning what to expect and what exercises to perform. In addition, you can take steps to manage your first weeks at home by arranging for help and preparing with assistive items, such as a shower bench or a long-handled reacher.

Physiotherapy after total joint replacement

Whether you have total hip or total knee replacement, physiotherapy will be necessary for rehabilitation. Your physiotherapist will provide a treatment plan for you that will assist in restoring your range of motion, flexibility, strength, endurance, and overall mobility of the affected joint.

Your initial appointment will consist of a physical evaluation to determine what course of treatment will be best for your needs. Your physiotherapist will create a specialized treatment plan based

on your assessment to rehabilitate and bring you back to your optimum physical health.

At first, your treatment plan will consist of passive physiotherapy, primarily focused on pain relief, swelling control, and restoring basic mobility. This may include manual therapy, gentle therapeutic exercises, or any other combination of treatment services that your physiotherapist deems for your treatment plan.

After your passive therapy, you will continue into active physiotherapy treatments. These will include strengthening exercises, balance, and gait training to ensure you progress while simultaneously preventing falls or other injuries that could inhibit your progress.

In addition, at-home treatments will help make your recovery as quick and comfortable as possible, so your knee or hip can get back to its normal level of function!

Call today to schedule your appointments

If you believe you could benefit from our total joint replacement rehabilitation services, contact Expert Physio Plus today. We will get you back to living your best life, free from pain and limiting knee or hip pain!

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5919221/> • <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7462050/> • <https://www.sciencedirect.com/science/article/pii/S1063458419309288> <https://www.sciencedirect.com/science/article/abs/pii/S088354031830528X>

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New Services

Medical Foot Care

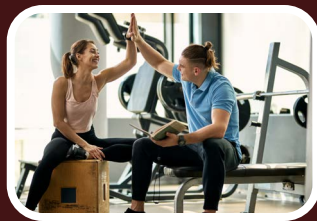
- Diabetes & non-diabetes related issues
- Warts
- Heel cracks & fissures
- Corns & calluses
- Nail & skin fungus
- Ingrown Nails

Provided by a registered nurse so you can claim it to your insurance.



Athletic Therapy

- Injury prevention programs
- Performance Enhancement
- Return-to-play assessments
- Chronic pain management
- Functional movement screening
- Immediate care for acute injuries and medical emergencies that occur during training or competition

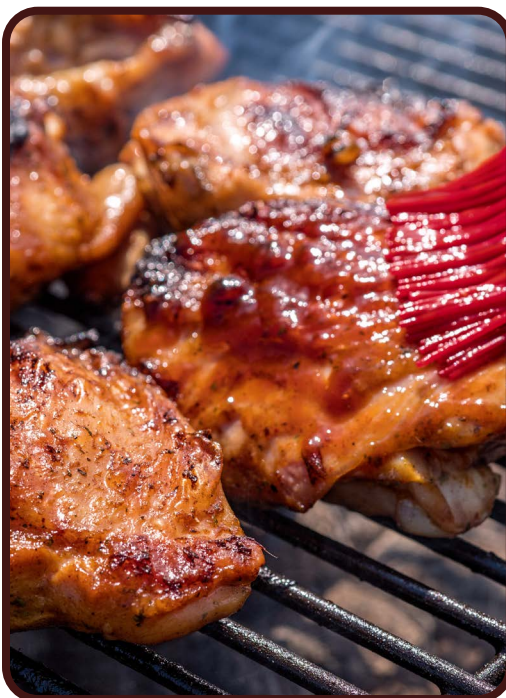


Patient Success

"In the first few sessions itself, I could see a very positive difference."



"I have been going to physiotherapists for the past 3-4 years in Toronto. When my son recommended Expert Physio in Ottawa for my Plantar Fasciitis and knee problem, I decided to pay a visit to this clinic. In the first few sessions itself, I could see a very positive difference. Ever since, whenever I am in Ottawa, I visit Expert Physio. It has been a few months now and I can seldom feel any pain in my knee, it's almost gone. Mina, apart from being knowledgeable has been very patient, understanding and unlike others in his profession, is not money-minded. Mina, along with his wonderful team, does a great job for humanity. I wish them good luck in their timeless effort in trying to heal each patient that walks into the clinic. Giving a five rating is far too less for this team. Kudos and a BIG THANK YOU!" – H.I.



Recipe of the Month: Grilled BBQ Chicken

Ingredients:

- 1¾ pounds chicken tenderloins or boneless skinless chicken breasts
- ¼ cup vegetable oil
- 3 cloves garlic, minced
- 1¼ teaspoon salt
- 1 tablespoon packed light brown sugar
- 2 teaspoons smoked paprika
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon cayenne pepper
- About 1 cup barbecue sauce

Directions:

If using boneless skinless chicken breasts, place the chicken breasts one at a time in a 1-gallon zip-lock bag; using a meat mallet, pound the breasts to an even ½-inch thickness. (Skip this step if using tenderloins.) In a large bowl, whisk together the oil, garlic, salt, brown sugar, smoked paprika, cumin, chili powder, and cayenne. Place the chicken in the bowl and, using tongs, toss until the chicken is evenly coated with the marinade. Cover the bowl and place in the refrigerator to marinate for at least 6 hours or up to 24 hours. Preheat the grill to high and oil the grates. Grill the chicken, covered, for 2 to 3 minutes. Flip the chicken, and then brush with some of the barbecue sauce. Cook for 2 to 3 minutes more. (Note that tenderloins will cook faster than breasts.) Transfer the chicken to a serving platter and serve with the remaining barbecue sauce alongside.

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