

TESTIMONIALS

Bainbridge Island

"These folks are amazing. I've gone for back pain and hip surgery rehab and both have felt better than ever. Thankful for them and everything they have done for me."
– *Franco Abullarade*

Bremerton

"I went to KPT for left knee surgery, they helped me get back on track and the staff were wonderful, caring people who make you smile."
– *Concetta Freeland*

Kingston

"I have had multiple surgeries and have had physical therapy on and off for a number of years. Everyone is always very professional and have helped me come back each time. I will be having a knee replacement soon, so I will be back again!"
– *Karen Ross*

Port Orchard

"I was referred to Kitsap Physical Therapy by my doctor following surgery to repair a broken ankle. The therapists and staff were very kind and professional and with their efforts I was able to resume my regular activities. I highly recommend Kitsap Physical Therapy."
– *Richard Hoag*

Poulsbo Village

"I have been seeing Elias for over 6 months following shoulder surgery and the entire staff and treatment exceeded all expectations. I cannot express how pleased I have been with the professionalism, friendliness and knowledge displayed by all members of the team here. I hate to come to the end of my treatment because this has become such a pleasant part of my weekly routine."
– *Scott S*

Silverdale

"I really like this place; everyone is so nice and so helpful! I've been to other places with not such good luck and my daughter had just had shoulder surgery and told me to try them because she had wonderful results there. So now that I have tried their services, I really don't think I would go to any other place."
– *Robin Chaussee*



At Kitsap Physical Therapy, we have therapists who are trained in evidence-based protocols for Post-Operative Physical Therapy, offering location preference and convenience for patients.

Bainbridge Island (206) 842-6288

Bremerton (360) 792-1015

Kingston (360) 297-7050

Port Orchard (360) 895-9090

Poulsbo-NKMC (360) 779-3764

Poulsbo-Village (360) 779-3777

Silverdale (360) 613-1834



kitsap
physical
therapy
AND SPORTS CLINICS

**Post-Operative
Rehabilitation**

*Improve movement and range of motion,
strengthen your muscles and reduce pain.*

GETTING YOU BACK TO WORK, SPORTS, LIFE.....AT ANY AGE

Post-Operative PT is important for the following reasons:

- To educate patients on what is SAFE to do and what activities should be avoided to protect the surgical outcomes
- To assist patients in regaining normal function through hands-on therapy, specific stretches and joint mobilizations and progressive strengthening
- To improve efficiency of movement and proper control of muscles that have been affected by surgical procedures

All therapists utilize post-operative rehab protocol that provide time frames for progression of both PT-based activities as well as their Activities of Daily Living. The majority of Orthopedic Surgeons have their own protocol that we will follow; we also have access to a vast database of protocols that were put together by nationally-renowned and board-certified surgeons and physical therapists.



List of most common surgeries:

- Total Joint Replacements (Knee, Hip, Shoulder, Ankle)
- Knee Surgeries (ACL and other ligamentous reconstruction, Meniscectomy and Meniscal repairs, MPFL, Quadricep and Patellar Tendon repairs)
- Hip Surgeries (Labral repair)
- Shoulder Surgeries (Rotator Cuff repair, Labral repair, Capsular Reconstruction)
- Ankle/Foot Surgeries (Achilles Tendon and other tendon repairs, Ankle Fusion, Bunionectomy)
- Spinal Surgeries (Fusion, Laminectomy, Discectomy)
- Fracture Repair Surgeries
- Arthroscopic Surgeries (Impingement, Decompression, Debridements)

The Post-Op Specialists are a group of physical therapists who meet on a regular basis to discuss the latest in post-operative care. Discussion topics include: the latest in post-op protocols and surgeries being performed by our local Orthopedic Surgeons, post-op rehab protocols and progression with PT, communication with our surgeons to ensure that the entire care team is working together. If a surgeon specifically wants a patient to be seen by our Post-Op Specialist team, they just need to indicate it on the PT referral. Surgical patients can also easily be treated by any of the skilled PTs on our rehab team.

Post-Op patients are prioritized for their initial evaluation appointment, with a guarantee that we can get them into PT within two business days of the surgeon's desired rehab start date.

Pre-Op Appointments:

One or two pre-op appointments are recommended to teach patients:

- How to prepare for surgery
- What to expect directly after surgery
- What they should and shouldn't be doing between surgery and their first PT appointments

