

Physiotherapy is changing to adapt to new care guidelines and public health rules. The care you receive after surgery may look different from what you or your family and friends have seen before but it will continue to reflect our commitment to safety and excellence.

This is what you can expect from your physiotherapy after surgery:

- 8-12 sessions of physiotherapy spread over 16 weeks
- Get started 7-14 days after shoulder replacement surgery
- Your initial assessment with a physiotherapist
- Ongoing appointments with a physiotherapist or rehab assistant
- An exercise-based program with or without gym equipment tailored to your needs
- Some clinics (including SHN) offer virtual visits if in-person visits are a concern for you

**\*\*PLEASE NOTE\*\* Once you go to your first physiotherapy appointment, you cannot switch to another clinic with hospital payment. If you decide to switch clinics, you will have to pay privately for the second clinic. When deciding which clinic to go to, please ask questions to make sure that the program will meet your expectations.**

You can choose between three options:

**Option 1: Come back to SHN for your physiotherapy after surgery**

Come to our clinic at Centenary hospital (2867 Ellesmere Road). Our physiotherapists are highly skilled and provide excellent care. They also know the surgeons well and understand their expectations for your recovery.

**Option 2: Go to one of SHN's partner clinics for your physiotherapy after surgery**

SHN has agreements with community clinics throughout Ontario to make sure that you receive excellent care anywhere. If getting to the hospital is a challenge, you can book your physiotherapy at a clinic that is more convenient for you.

**Option 3: Pay privately for physiotherapy at a clinic of your choice or in your home**

Most patients who have shoulder replacement surgery can have their physiotherapy paid for by the government or hospital. However, some physiotherapy clinics only accept payment from the patient or private insurance. If you prefer to go to a private clinic or want to pay to have a physiotherapist come into your home, you can make your own arrangements. If you do, please note that you cannot ask the hospital to pay for more physiotherapy after you are finished your private physiotherapy.

## Plan Your Physiotherapy Today!

Once you give consent to use email, your surgeon's office will send your information to the patient navigator. The patient navigator will call you to plan your physiotherapy.

If they have not done so already, ask your surgeon's office to register you for the online Shoulder Replacement Program!