



# WHAT TO EXPECT FROM PHYSIOTHERAPY AFTER SURGERY

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:**

- 3-5 weeks of physiotherapy to meet your goals
- Get started within 1 week after knee surgery or 2 weeks after hip surgery
- An initial assessment with a physiotherapist
- **For knees** — 1-2 appointments every week in a clinic setting with a physiotherapist or rehab assistant
- **For hips** — 1 appointment every week, or every other week, with a physiotherapist or rehab assistant
- Group classes or one-on-one appointments
- 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 hours of operation are from Monday to Friday, 8 a.m. to 4 p.m. 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 SHN's best possible experience even if you do not live close enough to the hospital. If getting to the hospital is a challenge or you need appointments outside of regular business hours, 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**

All patients who have hip or knee 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!**

The Patient Navigator will call you 2-3 days before your surgery to plan your physiotherapy. If you want to go to SHN Centenary, please let your surgeon's office know so they can send your preference to the clinic and you can be scheduled for an appointment.