


The METRO SPORTSMED WINTER NEWSLETTER

Thursday, December 24, 2009

[Refer A Friend - Click Here](#)

 Save page as PDF



METRO SPORTSMED

[Email Us](#)

[Our Website](#)



METRO SPORTSMED®
Physical & Occupational Therapy

A painful knee can severely affect your ability to lead a full, active life. Over the last 25 years, major advancements in *artificial knee replacement* have improved the outcome of the surgery greatly. Artificial knee replacement surgery (also called *knee arthroplasty*) is becoming increasingly common as the population of the world begins to age.

In this issue, we will help you to understand:

- what your surgeon hopes to achieve with knee replacement surgery
- what happens during the procedure
- what to expect after your operation

For additional research articles, please visit our online library @ <http://metrosportsmed.patientsites.com/article.php?aid=351>

Thank you for choosing us as your rehabilitation provider,

The **METRO SPORTSMED®** Team
www.metrosportsmed.com
718.METROSPORTSMED
718.638.7677

Free Lecture: Musculoskeletal Problems in the Aging Community

Guest Speaker: Placido Morano, M.D. Chairman Rheumatology, New York Methodist Hospital

Thursday: January 14th, 2010

Time: 6:00-7:00 pm

Place: **METRO SPORTSMED®** Physical & Occupational Therapy

263 7th Avenue Suite 2A

Brooklyn, NY 11215

For more information please contact : jsheinberg@metrosportsmed.com

ASK US ABOUT THE METROFIT™ Nutrition Program

Daniel Spira-Bleier, RD, CDN
Registered Dietician

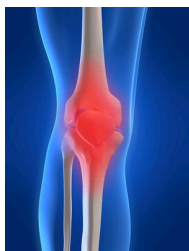
Our goal is to help you achieve a healthy lifestyle. We offer nutrition management for weight loss and chronic diseases. At **METROFIT™** your success is our top priority, therefore we work with you to find the diet that best fits your lifestyle. Our Registered Dietician* will ensure you receive medically sound nutrition advice.

For more information or to register please call:

CALL 718 METROFIT (718-638-7634) or email:

jsheinberg@metrofitonline.com

Exercise after Knee Replacement Surgery



If you've been undergoing treatment for knee arthritis and haven't gotten any pain relief yet, your doctor may recommend a total knee replacement surgery.

According to the University of California San Francisco Medical Center, over 90% of people who undergo a total knee replacement experience a dramatic decrease in knee pain and are able to resume their daily activities post surgery. If a total knee replacement is recommended by your physician, there is nothing to worry about. Here's what you can do to physically prepare yourself for the surgery:

- Talk to a **METRO SPORTSMED®** physical therapist about strengthening and stretching exercises that can help your knee.
- You may need to lose weight with a program of controlled exercise and healthy nutrition. Your physician will indicate if you need to consult a registered dietician. Feel free to contact **METROFIT™**, our health and wellness division, to schedule a consultation today. (718)METROFIT or (718) 638.7634
- Be sure to give your doctor a list of every medication you take to eliminate the possibility of any adverse affects while under anesthesia.

Following surgery, your hospital stay can be between 3 to 7 days. You'll most likely receive fluids and antibiotics intravenously to ward off infection, and you'll also get pain medications every 3-4 hours. During recovery, your doctor will be closely watching to make sure that you don't develop deep vein thrombosis (DVT), which is a blood clot in the leg veins. Be sure to wear your leg stockings and perform foot and ankle exercises as mentioned by your therapist to help prevent blood clots.

Physical therapy is an essential component of recovery after surgery. It is begun as soon as possible after surgery to help you learn to walk with walking aides, and help you manage daily activities (like getting out of bed or a car, and going up and down stairs). Many patients will spend a portion of their days on a continuous passive motion (CPM) machine, which bends and straightens the leg repeatedly while the patient lies in bed.

At **METRO SPORTSMED®**, our goal is to gradually increase your level of physical activity to help you return to normal activities at home.

Not Ready For Knee Replacement?

If you've exhausted nonsurgical treatment options such as medication, lifestyle modification and exercises, but still aren't ready for a total knee replacement, ask your doctor about other surgical options.



Visit our new [Patient Education Resource](#) link to learn more about the causes and treatments for various

musculoskeletal conditions.

METRO SPORTSMED's Hand & Upper Extremity Division Expanded

OT Services now offered at MIDWOOD & BORO PARK
locations

Follow Us on Twitter ; twitter.com/metrosportsmed

[Visit our ONLINE STORE for knee braces and other
products](#)

For instance, arthroscopy is considered a common alternative to total knee replacement. The most popular arthroscopic procedure used to relieve knee pain from osteoarthritis is debridement. In this procedure, surgeons scrape away the damaged tissue until they reach a layer of healthy tissue.



Keep in mind, though, that this operation is likely to postpone total knee replacement for a variable period (generally three to five years) rather than replacing it entirely.

Getting Back On Your Feet!

Once you're released from the hospital, be sure to continue with the recommended therapy exercises to ensure good recovery. The length of exercise therapy will depend on your age, fitness level, and motivation but typically lasts 6 to 8 weeks.

Between your therapy sessions, the **METRO SPORTSMED®** Team will suggest some home exercises to be done, to help speed your recovery. These home exercises are crucial and should not be ignored.



A WORD OF CAUTION:

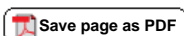
The risk of injury after a total knee replacement is great, so make sure that you follow our advice closely when performing exercises. Discuss all new exercises with us, your exercise professionals, before trying them to be sure that they're suitable for your condition.

For more information, please contact us at (718) METROSPORTSMED (718) 638-7677 or email us at info@metrosportsmed.com

[Forward this Newsletter - Refer A Friend](#)

This email was sent by info@metrosportsmed.com

[To Unsubscribe From Our Newsletter, Please Click Here.](#)



METRO SPORTSMED 263 7th avenue, suite 2A Brooklyn NY 11215

[Send Test Email](#)

[Send Email](#)