

# Pain Management for the Arthroplasty Patient

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# Pre-op Management

- Education- pathology of presenting condition
  - self management
  - community resources
  - websites – [mysurgery.nshealth.ca](http://mysurgery.nshealth.ca)

# PT Management

## Surgical and Non-surgical

- Exercise Program – clinic setting
  - home program
  - community (gym/pool)
- Modalities – Ice / Heat
  - Electrical – US, TENS, IFC, EMS
  - Acupuncture
- Other – Bracing, Taping, Orthotics
- Referral to other Professionals- OT, Dietician, Psychology, Social Work, GP, Specialist

# Pre-op Education

- Pre-admission clinic
- Education class THA and TKA
  - multidisciplinary

# Post-op Care in Hospital

- Bed and chair exs – ROM and Strength
- Ambulation- gait re-education, stairs
- TKA - Ice, CPM, Slider board, TENS, Muscle Stimulation
- Discharge planning

# Slider Board



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# POST-OP MANAGEMENT THA at Discharge

- Continue with home exs program for 6-8 weeks.
  - Weight bearing status remains unchanged until seen by surgeon approx 6 weeks post-op.
  - Progression of home exs program and WB status at first follow-up visit at OAC.
  - Referral to out-patient PT if required.
  - Pain usually related to muscle weakness so exercise progression and physical activity is crucial to return to normal function
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# Post-op Management TKA at Discharge

- Home exs program and ambulation as prescribed in hospital
- Community/ home based referral
- Out-patient referral
- Follow-up at OAC

# Pain Management TKA

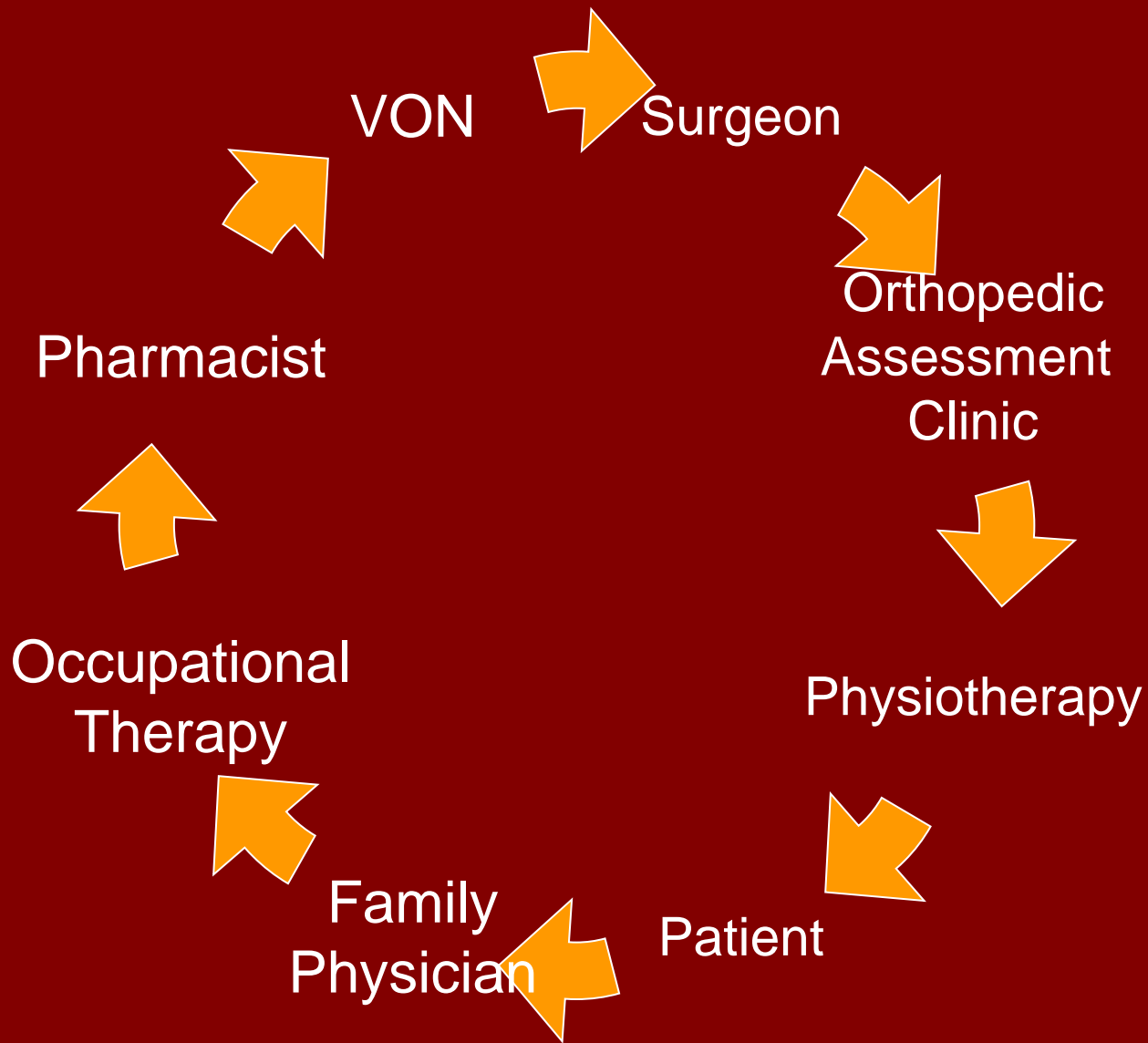
- Ice
- Heat
- Whirlpool
- Interferential Current ( IFC )
- TENS
- Manual Therapy
- **Exercise** – ROM, Strength, Gait, Balance
- Education

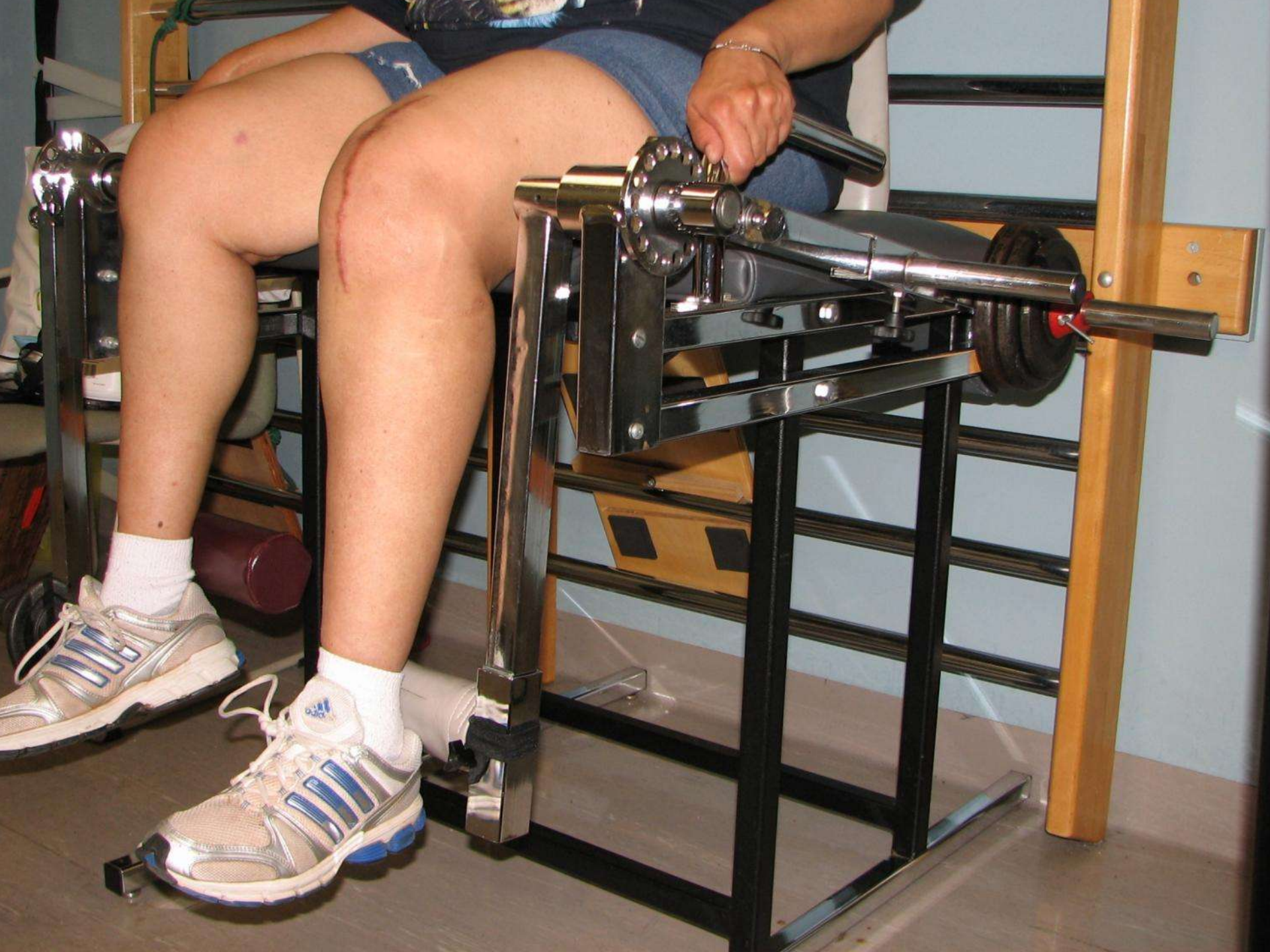
# EXERCISE

- Progressing home exs program
- Pulleys – ROM
- Stationary Bike
- Treadmill
- Quad Table
- Leg Press
- Elliptical
- Stretching Exs
- Community Gym

# Education

- Medication – are you taking **them**???
- Reduce anxiety, fear, apprehension.
- Goals – realistic outcomes
- Control swelling – pressure garments
  - elevation / ice
- Scar management - massage
  - cutinova hydro

















ONLY BOTTLE

ADJUSTABLE  
ASK FOR ASSISTANCE

The Skittle is primarily used to strengthen the legs using elastic cords for resistance.  
Your support has enabled the OED Physiotherapy Department to purchase...











