Orthopedic Physiotherapy – Everything You Need to Know About

If taken seriously, orthopedic physical therapies can be life changing as they have the power to improve limb function, the flexibility of the affected joints, and speed up recovery after orthopedic surgery.

Orthopedic injuries are common as they can affect people of all age groups. Besides this, treatment for such conditions is also there depending upon the severity and location. But the only treatment does not ensure complete and improved recovery of the condition. Certain other parameters are there as well that affect the recovery with the treatment. One of the major factors affecting the recovery after the treatment includes orthopedic physiotherapy. In this post, we will talk about this procedure in detail along with its benefits.

What is Orthopedic Physiotherapy?

Orthopedic physical therapy is a practice of manipulating the musculoskeletal system to improve the function, flexibility, and performance of the affected area. It is done under an experienced physiotherapist who has the right qualification to do that. Orthopedic physiotherapy is done to boost the functioning of bones, tendons, ligaments, connective tissues, and muscles depending upon the condition.

This technique can also help diagnose problems in the musculoskeletal system. Orthopedic physiotherapy sessions can be taken in a hospital, clinics, sports facilities, and at home.

What Type of Conditions can be Treated with Orthopedic Physical Therapy?

It won't be wrong to say that orthopedic physical therapy is magical as it is effective in almost all types of orthopedic conditions that may include:

- Arthritis

- Joint pain

- Knee stability

- Lower back disease

- Scoliosis

- Spinal stenosis

- Muscular dystrophy

- Plantar fasciitis

- Frozen shoulder

Cancer

Orthopedic physical therapy is recommended for improved recovery after orthopedic surgery that often involves the application of **Orthopedic Implants**. Besides this, athletes also benefit from PT in improving muscle flexibility and recovering from various orthopedic issues.

For Which type of Surgeries Orthopedic PT is Recommended?
Physical therapy plays a vital role in ensuring faster and better recovery after orthopedic surgery. It is recommended to improve range of motion, reduce pain, and prevent the buildup of excessive scar tissue. Here are some of the orthopedic surgeries after which PT may be suggested to experience better post-surgical results:

Cancer surgery

Knee arthroscopy

Hip replacement

Knee replacement

Rotator cuff repair

What type of Techniques are used while Providing Orthopedic PT?
Here are the types of physical therapy techniques that may be tried:

Manual Therapy

This is when joints are manipulated in different directions to ease pain and restore normal movement of the affected area. Other techniques are also tried to achieve better results.

Massage

Deep friction massage is done to break scar tissues in the muscles and ligaments.

Ultrasound Therapy

In this technique a special machine is used that produces ultrasonic waves to reduce pain, relax muscles, and promote circulation.

Interferential Therapy

This technique also requires specialized instruments to deliver currents. It is helpful in improving swelling and optimizing the healing process.

Acupuncture

Acupuncture is a procedure that involves the insertion of needles at certain points to improve pain and normalize movements.

For the content source, contact Siora Surgicals Pvt. Ltd., an Indian-FDA-approved trauma implants manufacturer in India. The company produces an excellent range of orthopedic devices that are used for the treatment of various orthopedic conditions. Siora also exports its implants to clients based in other countries. It is also looking to become one of the best **Orthopedic Equipment Suppliers in Greece**.

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