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The Journal of Bone & Joint Surgery (JBJS), found that physical therapy before joint replacement surgery, or "prehabilitation," can diminish the need for postoperative care by nearly 30 percent, saving an average of \$1,215 per patient in skilled nursing facility, home health agency or other postoperative care.

Approximately 50 million U.S. adults have physician-diagnosed arthritis. As the condition progresses, arthritis patients often require THR and/or TKR to maintain mobility and life quality. The number of THRs is expected to grow by 174 percent (572,000 patients) between 2005 and 2030, and TKRs by 673 percent (3.48 million). In recent years, the length of hospital stay following surgeries has decreased from an average of 9.1 days in 1990 to 3.7 days in 2008, while the cost of post-acute care, primarily in skilled nursing facilities and home health agencies, has "skyrocketed." Utilizing Medicare claims data, researchers were able to identify both preoperative physical therapy and postoperative care usage patterns for 4,733 THR and TKR patients. Approximately 77 percent of patients utilized care services following surgery. After adjusting for demographic characteristics, patients receiving preoperative physical therapy showed a 29 percent reduction in postoperative care use.

In addition:

- 54.2 percent of the preoperative physical therapy group required postoperative care services, compared to 79.7 percent of the patients who did not have preoperative therapy.
- The decline in postoperative care services resulted in an adjusted cost reduction of \$1,215 per patient, due largely to lower costs for skilled nursing facility and home health agency care.
- Preoperative physical therapy cost an average of \$100 per patient, and was generally limited to one or two sessions.

"This study demonstrated an important opportunity to pre-empt postoperative outcome variances by implementing preoperative physical therapy along with management of other conditions before and during surgery," said orthopaedic surgeon Ray Wasielewski, MD, co-author of the study.

If you have an upcoming surgery, please consider seeing your Physical Therapist to speed your recovery.



Hello! My name is Dr. Jesse Roles, PT, DPT, MTC.
I'm a physical therapist here at CACC Physical Therapy in Parker.

I'm will be writing a number of entries for our blog to address common questions and concepts we see in the clinic In my eyes, knowledge is power.. and that's everything when it comes to getting better or preventing worsening of a problem.

Read Jesse's Blog entries by visiting our website.
www.cacc-pt.com

What Patients Are Saying

AJ T.

tremendous success. I highly recommend my therapists, they are truly professionals and miracle workers. The next time I need physical therapy I definitely will return to CACC. I highly recommend their services!

Thanks CACC

After utilizing their services two times, it's time for a review. The first was for post rotator cuff surgery and the second was for lumbago (lower back injury). Both times I completed my therapy prior to the limit authorized visits by my insurance carrier, with



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20 Min.
Appointment

"The Greatest Compliment We Can Receive
Is You Referring Your Family and Friends To Us"

"Care to Share" with Your
Family & Friends