

Physical Therapy After Your Joint Replacement

Physical therapy is one of the biggest factors in how well your new knee or hip recovers. Whenever possible, I want you to do that therapy with my own team — they know exactly how I want your recovery run, including the slow, deliberate rehab approach I use to keep swelling down.

Therapy with my team is the easiest path.

Outpatient physical therapy is available at three of our locations. When you use our department, your therapists already have my protocol and follow it exactly — there is nothing extra for you to carry or coordinate. Just call to schedule your appointments.

Where to go

Call to schedule at any of these locations — the main number reaches all three:

South Bend 574-247-1572	53880 Carmichael Drive South Bend, IN
Mishawaka 574-247-2790	60160 Bodnar Boulevard Mishawaka, IN
Elkhart 574-247-6955	5230 Beck Dr, Suite 7 Elkhart, IN 46516

When to start

- **Start outpatient therapy between Day 5 and Day 10 after surgery.** We wait this long on purpose. Starting before the early swelling settles is how patients end up sore and stiff. Starting a few days later means your first session is productive instead of painful.
- If that window lands on a weekend, start the following Monday.
- **Schedule three (3) sessions per week for about four (4) weeks.** Your therapist will adjust as you progress.

Before your first visit — check your insurance

Call your insurance company before your first appointment and confirm:

- Do they require authorization (a referral on file)?
- Does the facility you have chosen participate with your insurance?
- Will you owe a copay or have a deductible to meet?

Going to a therapist outside our practice?

That is completely fine. Just give your outside therapist two things at your first visit: your **physical therapy referral order** and **Dr. Cien's protocol**. Download and print the protocol — along with the rest of your recovery handouts — from dradamcien.com/recovery.

For what each week looks like — exercises, walking targets, range-of-motion goals — see your **Week-by-Week Recovery Guide** for your knee or hip.

Questions about therapy? Call **574-247-9441** or message me at **sbortho.com**. *We'd rather hear from you twice than miss a real concern.*