

What Role Does Physical Therapy Play in Recovery?



Many of us ignore physical therapy thinking that it does not have any role to play in the recovery after a surgery or injury. We rely so much on medicines as only they will help us return to our normal lives. Yes, medicinal treatment is important but physical therapy is also vital. It is a part of the whole treatment procedure. Hence, ignoring it could be risky and may result in several complications.

Orthopedic injuries and surgeries often require physical therapy. Its role becomes more important when an [Orthopedic Implants manufacturer](#) is placed inside the body. Physical therapy is needed to improve the range of motion of the operated area and strengthen muscles. Sports injury specialists always focus on physiotherapy along with medicinal procedures. Here, we will see the role of physiotherapy in recovery.

Role of Physical Therapy

Recovery after Brain Injury and Surgery

A traumatic brain injury not only affects the memory but sometimes, also affects the ability of a person to do basic things. Physical therapy sessions are required to teach the affected person those simple things again and help him/her regain control of the muscles that got injured.

A specialist closely assesses the condition of the patient and decides where to start. Regular sessions are required to experience better results and ensure a faster recovery.

Recovery after Joint Replacement

Joint replacement surgery is considered the last treatment option for various joint conditions like arthritis and fracture when all other methods fail. This type of surgery is required to provide relief from painful symptoms associated with the condition and improve the quality of life.

After surgery, it is very important to work on the operated joint to regain muscle strength and range of motion. The physiotherapist work on the joint to keep it moving and help the patient return to normal activities sooner. Not only this but during physiotherapy sessions, the patient will also be taught how to take care of the new joint to avoid any damage.

Improve Body Balance

Certain orthopedic and other health conditions affect the body balance of the person and increase the chances of falls. Physiotherapy is one of the best ways to regain control over the body and reduce the chances of falls. Depending on the condition of the patient, the physiotherapist suggests specific exercises that help improve body balance over time. This can also improve the symptoms associated with vertigo and dizziness.

Use of Assistive Devices

After some surgeries like the ones performed on the hip, knee, and foot, the patient requires the help of assistive devices to move around. Now, to use those devices effectively, one needs to learn how to use them effectively. During their physiotherapy sessions, the physiotherapist also teaches this to prevent falls even while using those assistive devices. So, physical therapy also has a role to play in ensuring better and proper use of assistive devices after an injury or surgery.

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Source:- <https://blog.rackons.in/what-role-does-physical-therapy-play-in-recovery>