



# IMPORTANCE OF POST OPERATIVE PHYSICAL THERAPY

## PROFESSIONAL STAFF

1. Joseph Mathews, MPT, CSCS
2. John Youngblood, MPT
3. Micheal Youngblood, PT
4. Morgan Denson, MPT
5. Eloina Parsons, PT
6. Marisol Monasterios OT/CHT
7. Bonnie Beam, PTA

## MISSION STATEMENT

Our mission at Advanced Orthopaedics and Sports Medicine is to provide quality value added service by exceeding the expectations of our clients helping them return to the highest possible level of functioning through cost-effective and quality service. We intend to help in advancing our profession through our commitment to education, and be a resource to our community

## HOURS OF OPERATION

7 AM- 7 PM

## LOCATION

13300 Hargrave Rd, Suite 400  
Houston, TX-77070  
Phone: 281-664-2202  
Fax: 281-953-1104

Your surgeon has evaluated the best options possible for management of your condition and has found surgery to be appropriate for you at this time. While surgery corrects the anatomical problems that have been the cause of the pain, it does not address the biomechanical factors that have caused the problem in the first place.

These include:

- Weakness of neck/back muscles
- Abnormal posture
- Poor biomechanics with normal daily activities and/or work activities

Additional problems you may have after surgery include:

- Muscle guarding/pain
- Weakness of postural muscles
- Abnormal movement patterns
- Altered postural and position sense
- Decreased balance

To improve long term outcomes and quicker return to normal daily activities, the physical therapy department at Advanced Orthopaedics and Sports Medicine under guidance of Dr Matthew Cabbage and Dr. Rubin Bashir have developed post operative protocols based on current evidence based practice. This will include :

- Education of condition
- Posture education
- Education of body mechanics
- Increase activity and positional tolerance
- Gentle range of motion exercises
- Strengthening
- Cardiovascular exercises

The surgeon will deem when it will be appropriate to start therapy and the physical therapy department will contact you for initiating your post operative physical therapy. Advanced Orthopaedics and Sports Medicine Physical Therapy has caring and understanding clinical staff with an average 10 years of clinical experience in helping the patients return to the highest possible level of function.

Our clinic offer services between 7 a.m. and 7 p.m. providing appointments at times convenient to you. We perform rigorous quality control measures to ensure the best quality, evidence based care for the patients exemplified by an 87% exceeded expectations rating for 2007 and 90% exceeding expectations for 2008 per the Patient Satisfaction Survey adopted in our clinic. We also work in close proximity with the physicians and case managers who have referred our patients helping us to work as a team in providing cost effective, quality care to the patients. Our joint efforts prevent over utilization of services through timely sharing of information, sharing of ideas for progression, feedback with/from physicians, and by providing non-fragmented comprehensive services.