

Telehealth for

# Post Operative Care



**SOUTH SHORE**  
Physiotherapy

1. Post operative patients require early care to obtain the best outcomes after surgery



Depending on the nature of the surgery, patients may experience a loss of movement, strength, and balance

2. Telehealth services have been shown to be effective in recovery from both knee and hip replacements



3. We can assess movement, function, balance, and strength over video



4. Based on our findings, we can provide education and exercises to help manage symptoms and improve movement, function, and balance



5. We can then follow up with an e-mail summarizing our discussion and providing a document with pictures and descriptions of the exercises we went over.

