

## Alberta Health Services (AHS) Outpatient & Community Physiotherapy Services

# What you can expect if you have had a hip/knee replacement

AHS offers funded physiotherapy services in AHS facilities and contracted clinics to help you improve your function, better understand your condition and learn what you can do to stay healthy and independent.

### **Here's what you can expect from physiotherapy services:**

Your first appointment will be an individual assessment. The physiotherapist will need to see how you are moving following your surgery. The physiotherapist will ask you questions about the history of your joint health and surgery, your medical history and the medication you take.

Together, you and the physiotherapist will set realistic goals for your recovery and return to daily activities. Examples include, "I want to be able to walk without a limp" or, "I want to be able to carry my grandchild".

You will be offered up to six physiotherapy group sessions to assist you with your recovery. The sessions will be offered in person or virtually. Typically you will attend a group session once per week allowing time in between sessions to practice your exercises and to allow healing to take place.

During your group visits (in-person or virtual), you can expect to learn from the PT and others in your group:

- Exercises and activities for you to do at home
- How to modify your daily activities to make them easier or more comfortable

At any time, you can ask the physiotherapist questions and talk about what is or isn't working for you. If you notice your symptoms are worsening, let the physiotherapist know.

After each session, you should know what exercises to do at home. The plan will help you manage on your own. Your final visit is a good time to also ask the physiotherapist for suggestions to continue working towards your goals.

AHS funded group physiotherapy sessions are only available from specific clinics that have a current contract with AHS.

**Clinics are listed on [Ahs.ca/AdultRehab](https://www.ahs.ca/AdultRehab).**