



ISR Physical Therapy Newsletter

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A Proactive Approach to Excellence in Health & Rehabilitation

GETTING INTO MOTION

Immobilization after orthopedic surgery was once part of the standard treatment. More recently, however, after undergoing knee reconstruction, physical therapy often begins with a machine that puts the joint through continuous passive motion (CPM). According to one study, CPM leads to improved flexion when added to conventional physical therapy. Continuous passive motion is an external motorized procedure that enables a joint to move passively through a predetermined range of motion. According to the study, after having undergone total knee replacement due to degenerative joint disease, patients treated with CPM achieved 90 degrees of knee flexion an average of 4.7 days faster than a comparison group. They were also discharged 0.69 days earlier when CPM was used.

If you or a family member needs physical therapy, consider receiving these services at ISR Physical Therapy.

We address a variety of therapy needs in a warm comfortable environment. We are committed to improving the lives of our patients, our staff, and professional colleagues by exceeding expectations in our pursuit of excellence in the field of rehabilitation. Our services include post surgical rehab, sports injury care, and back and neck care.

*While total knee replacement surgery can correct a knee problem, the muscles surrounding the joint will get weak and remain so without strengthening exercises.

www.isrphysicaltherapy.com

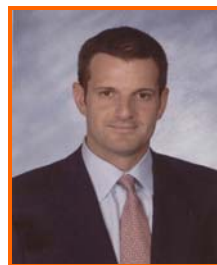
“No Excuses, Just Results!”



Richard W. Bunch PhD, PT



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“Hands on” Manual Physical Therapy



Locations:

**Houma &
New Orleans (Harahan)**



