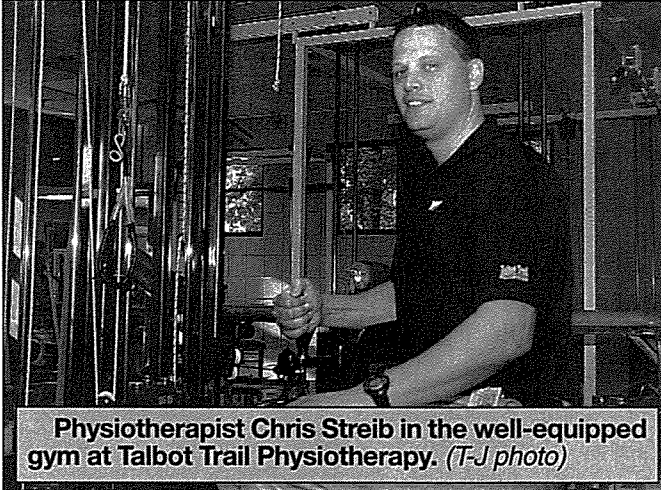


Rehab key to surgery recovery

S-JOURNAL STAFF
 today's seniors, tops the list of what a physiotherapist advises Chris Streib, owner of Talbot Trail Physiotherapy. "Prehab is one of the most important elements to their recovery," he stresses. "We have a falls prevention program that we use. The therapy that's most important towards them is to work on their balance and their strength so they don't have these is-



Physiotherapist Chris Streib in the well-equipped gym at Talbot Trail Physiotherapy. (T-J photo)

they do have a fall, they have to be hospitalized. If they're having surgery, they're in the best position possible so that surgery they do is easier and they get back to work easier." For orthopedic sur-

gery now being performed on seniors, Streib notes the majority involves hip and knee replacement. And the key to successful recovery is the process of prehabilitation prior to surgery and then traditional rehab following their procedure.

"We do a lot of prehab. We'll see people prior to them going into surgery so they have experience with what type of rehab exercises they will be doing. We do a full assessment on them and determine if we need to work on strength-


ening, stretching or balance."

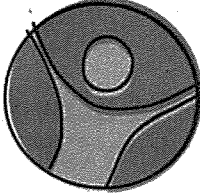
Streib and his staff of physiotherapists and kinesiologists also explain some of the assistive devices seniors may need as far as crutches or canes.

"So it's not being done in the recovery room," he notes.

"This way they have a really good understanding. We see them prior to their surgery and when they come back to see us after surgery, they are already familiar with the protocol. It's a much more seamless transition. And you don't see them sliding down the disability scale."

For more information on the full array of prehab and rehab services for seniors at Talbot Trail Physiotherapy, call 519-637-7171.





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