

PTC POST-OP RECOVERY ROADMAP

Your guide through each phase of rehabilitation after surgery

Recovery is not linear and is different for everyone. This roadmap is based on **phases of rehabilitation**, helping you understand what your body is working on at each stage.

Your physiotherapist will guide you through each phase based on your surgery, progress, and goals.

PHASE 1 RECOVERY FROM SURGERY

Focus

- Protect the surgical site
- Manage pain and swelling
- Begin safe early movement

What matters most

- ✓ Rest and symptom management
- ✓ Swelling control (elevation, ice if advised)
- ✓ Gentle, guided movement
- ✓ Early physiotherapy support

Goal: Allow the body to heal and safely reintroduce movement.

PHASE 2 STRENGTH & MIND TO MUSCLE CONTROL

Focus

- Restore movement quality
- Rebuild strength
- Improve muscle activation and control

What matters most

- ✓ Consistent rehabilitation exercises
- ✓ Improving range of motion
- ✓ Rebuilding basic strength
- ✓ Regaining control of movement patterns

Goal: Move better, feel stronger, and regain control of the affected area.

PHASE 3 FUNCTIONAL STRENGTH & ACTIVITY TRAINING

Focus

- Build strength and endurance
- Improve balance, coordination, & load tolerance
- Return to daily functional activities

What matters most

- ✓ Progressive strengthening program
- ✓ Increased activity and walking tolerance
- ✓ Improved confidence in daily movements
- ✓ Reduced fatigue with activity

Goal: Return to normal daily activities with strength and confidence.

PHASE 4 RETURN TO FULL FUNCTION

Focus

- Return to work, lifestyle, and physical demands
- Build confidence in movement
- Prepare for long-term independence

What matters most

- ✓ Activity-specific rehabilitation
- ✓ Functional testing if required
- ✓ Final strength and control progression
- ✓ Confidence in everyday movement

Goal: Return safely to the activities and lifestyle that matter most to you.

STAYING ACTIVE FOR THE LONG TERM

Focus

- Maintain your strength and mobility
- Stay active
- Prevent future setbacks

What matters most

- ✓ Keep up with your exercises
- ✓ Stay active regularly
- ✓ Address concerns early

Goal: Stay active, independent, and confident in your movement..

NOT SURE WHICH
PHASE YOU'RE IN?

Book a **FREE 15-minute phone consultation** with the **PTC Physiotherapy team**.



(02) 7226 3616



ptcphysiotherapy.com.au