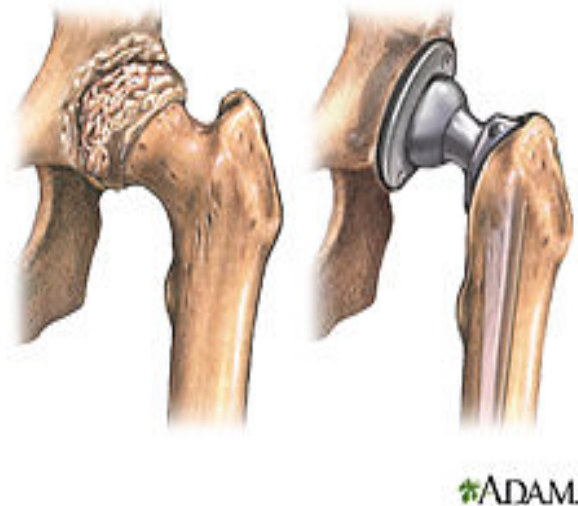
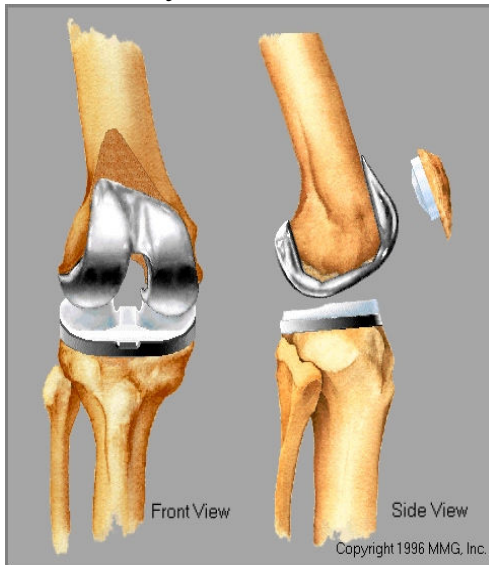


# Total Knee/ Total Hip Replacement

Joint Arthritis is a debilitating condition in which the joint cartilage wears, exposing the surface of the bone. Typically arthritic pain comes from the rubbing of two bones against one another. A Total Knee or Hip Replacement is a surgical procedure performed to relieve the pain and disability from arthritis. Individuals will undergo extensive Physical Therapy beginning the following day, but full recovery will take 6-12 months.

- Anatomy



- Mechanism of Injury

- Age/Degeneration of the area

- Treatment

- Manual Therapy to Lower Extremity Musculature
- Joint Mobilizations to Knee
- Posture/Body Mechanics Re-Education
- Therapeutic Exercise/Pilates focusing on Lower Extremity Tracking
- Ice
- Home Exercise Program