



## **Excellence & Evidence in Total Knee Arthroplasty Rehabilitation at The Center For Physical Excellence**

By Cheryl Van Demark, PT August 2009

The Center for Physical Excellence (CPE) is focused on excellence in the provision of our physical therapy services through a commitment to evidence-based practice and superior customer service. Many of the patients we serve here at The Center for Physical Excellence are electing to receive knee joint arthroplasty. Excellent surgery must be combined with effective rehabilitation to obtain optimal function and patient satisfaction following joint arthroplasty.

Evidence-based practice refers to a decision-making process. The best available evidence, moderated by patient circumstances and preferences, is applied to improve the quality of clinical judgments and facilitate cost-effective care. Our physical therapists recognize their ethical responsibility to be good stewards of the health care dollars we receive for our services. So how do we pursue excellence amidst the evidence to deliver a cost-effective service to those receiving total knee arthroplasty rehabilitation?

We don't perpetuate the status quo. Instead, we take action to make positive changes in our physical therapy services for our knee joint arthroplasty patients. We step up to a higher level of evidence based practice that allows our physical therapists to increase the time spent effectively exercising and educating our patients and reduces the health care dollars spent in a typical visit. How?

- We use our clinical expertise to identify patients that will benefit from group therapeutic exercise models for pre-operative conditioning and for post-operative rehabilitation.
- We continue to follow the evidence and complement our therapeutic exercise where needed with the manual physical therapy clinical expertise that distinguishes our practice.
- We acknowledge that home exercise compliance is typically poor and utilize the known benefits of peer support and socialization in group exercise models to promote exercise adherence.
- We create interactive pre-operative education that allows patient expectations and questions to be fully discussed and clarified.



- We measure and report physical performance and perceived wellness in addition to our present patient outcomes process through the industry standard ,F.O.T.O.
- We meet the charge of the American Physical Therapy Association Vision 2020 by taking an active role in shaping health behaviors and patterns of thought that improve patient quality of life, as many of our patients with knee OA also suffer from other chronic health conditions.
- Given the dual realities that OA typically effect all the weight bearing joints and is therefore significantly impacted by body weight, and that many of our current athroplasty patients will undergo other joint arthroplasties, we actively promote the ACSM campaign of Exercise is Medicine and The Physical Activity Guidelines for Americans.

In short, we fully embrace the role of a Center For Physical Excellence! We look forward to being your facility of choice for physical therapy services.