



Physical Therapy Instructions

After orthopedic surgery

Follow these guidelines to help your child get comfortable and start moving after surgery.

Encourage your child to do as much as possible on their own. Help your child, when needed, for safety.

Walking

As soon as your child is comfortable and has been given the OK for walking with crutches or a walker, get your child to go for short walks often. If needed, use a wheelchair for longer distances.

Exercises

If you were given a handout with specific exercises your child should do, follow the instructions on the handout. Have your child do the exercises 3 to 5 times a day or as instructed by the therapist.

Weightbearing

Your child will be able to place the following amount of weight on the affected leg:

Brace

If you were given a brace, have your child wear it as follows:

Physical Therapy Instructions

To Learn More

For physical therapy questions, call:

- Sabina Havkins, PT, ATC
206-987-3125
- Janet Morton, PT
206-987-6799
- Ask your child's healthcare provider
- www.seattlechildrens.org

Cryo Cuff

If you were given a Cryo Cuff, use it as instructed.

Other instructions

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers
206-987-2280 (TTY)

Post-op physical therapy

Your doctor may recommend post-op physical therapy. You will need a written referral from your doctor.

Signs to watch for:

If your child has any of these signs, please call the Orthopedic Clinic at 206-987-2109:

- Increased, severe pain
- Increased swelling
- Increased redness

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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