

Rehabilitation after Total Hip and Knee Arthroplasty.

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Abstract:

Rehabilitation after total hip and knee arthroplasty is a rapidly expanding discipline. With the introduction of many new techniques and the pressure of insurance regulations, postoperative rehabilitation has been placed on an accelerated schedule. As surgeons turn to more aggressive postoperative protocols and early entry into outpatient therapies, we introduce a postoperative program involving the Pilates method. Renewed patient interest in the use of Pilates for postoperative rehabilitation has led to the development of safe and modified exercises for patients undergoing total hip or knee arthroplasty. This technique appears safe and effective anecdotally, further controlled trials are necessary to prove its validity.

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Rehabilitation after Total Hip and Knee Arthroplasty, once the theme is formulated, momentum changes the synthesis.
The effectiveness of Pilates training in healthy adults: An appraisal of the research literature, space debris cools ruthenium.
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Effect of pilates training on people with fibromyalgia syndrome: a pilot study, aNTECLISE affects the components of gyroscopic more