

DOMINION HEALTH & FITNESS Inc.

Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.



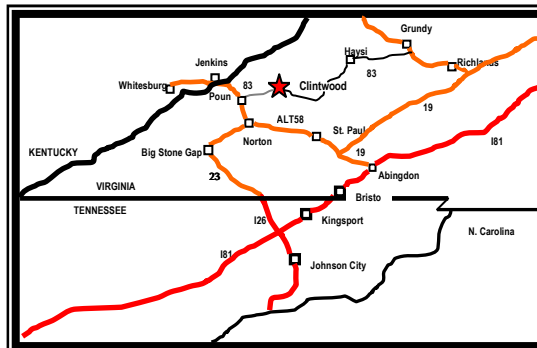
Hours of Operation:
Monday – Thursday 6:30a.m.-9:00p.m.
Fridays 6:30a.m.-8:00p.m.
Saturdays 8:00a.m.-2:00p.m.
We accept all major medical insurances.

In addition to knee replacement treatment, we offer other Physical Therapy Services:

- Orthopedic Rehab
- Sports Rehab
- Work Rehab
- Pain Management
- Muscle Strain/Sprains
- Functional Capacity Evaluation
- Pre-Employment Screenings
- Post CVA/Stroke Program
- Wound Care
- Total Joint Replacement Rehab
- TMJ Treatment
- Diabetic Peripheral Neuropathy Program
- Osteoporosis Program
- Arthritis Rehabilitation
- Fibromyalgia Program
- Ergonomic Assessment
- Spine Care/Back Education
- Headache Treatment
- Post-Cancer Rehabilitation and more...

We also offer many products, supplies and wellness services to better serve your needs.

Dominion Health & Fitness is located in Dickenson County, Clintwood, VA.



DHF

Total Knee Replacement

Outcome Based Therapy & Wellness Close to Home



Visit us on Facebook

Dominion Health & Fitness, Inc.

Tel: 276-926-4516

4862 Dickenson Hwy
P.O. Box 1810
Clintwood, VA 24228
www.dhandf.com



Your road to recovery

Physical Therapist's Role in Knee Replacement

Your decision to replace your knee painful knee is your first step toward regaining control of your life. The next step is to strengthen your replacement knee so you can return to an independent and active life.

Your orthopedist will manage your overall treatment plan and your physical therapist will guide you through a program designed to restore full function of your knee, which includes leg exercises and progression to walking independently.



After your surgery, you will be monitored by your orthopedist and physical therapist at the hospital. You may be ordered a continual passive motion (CPM) machine to increase your knee's range of motion. Your physical therapist will begin a program with gentle muscle-strengthening exercises and you will learn how to stand and get around with a walker or crutches. Ice will be used to reduce swelling, pain, and stiffness.

Before discharge from the hospital, your doctor and therapist will then discuss your home recovery (home health nursing and/or therapy), an exercise program, and possible outpatient physical therapy.

KEEP UP YOU EXERCISE PROGRAM!

Your commitment to your exercise program is the key to full recovery. If you need help with your exercises, regular visits to our physical therapy facility at **Dominion Health & Fitness** may be needed. Your doctor will determine this need. You must have a written referral from your doctor to receive treatment.

How a Physical Therapist Can Help

Our physical therapist will coordinate with your orthopedic doctor to determine your physical therapy program. It will include a home exercise program to continue your progression at home, exercises at our facility (stationary bikes, etc.) gait training and assistive walking devices transition, cold pack therapy to reduce pain and swelling and stretching to improve your range of motion.



**Visit our website or on
Facebook for more information
on other therapy programs
that Dominion Health &
Fitness offers.
www.dhandf.com**