



Palm Garden
HEALTH AND REHABILITATION CENTER



Ortho
FASTtrack
Good to Go.

Focused Assessment Safe Transition

Orthopedic FASTtrack begins before the scheduled surgery. We offer a tour and introduction to our Palm Garden Family, gather medical, surgical, and post-operative rehabilitation protocols specific to the surgeon, and formulate a plan specific to each patient. Patients are individuals- not numbers- so we refer to them as guests.

Orthopedic guests have dealt with degenerative joint pain for a long time. It has affected their mood and sometimes their outlook on life. Pain has limited their physical activity. They don't feel themselves. Surgery is their first step to getting back to independence. We learn their life story details so that we may treat them like family and get them home fast.

"Welcome...we've been expecting you."

Assess

- a. Physical Therapy Evaluation day one
- b. Implement surgeon specific rehab protocols
- c. Pain management including cryotherapy with Game Ready Compression Technology



Basics

- a. Monitor incision site per physician protocol
- b. Pain Control, monitor for edema
- c. Encourage motion

Consistency

- a. 7 day per week Physical Therapy
- b. Alter G Anti-Gravity treadmill
- c. DJO Genesys for pain management. HUR Pneumatic Resistance strengthening equipment as appropriate



"We'll get you home fast with the support you need."

888-967-6508

www.palmgarden.com