

Orthopedic Procedures & Post Surgical Precautions

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Course Description

What do you do when you have that patient that comes in for a massage after some orthopedic surgery because they are really tight from being in a sling or knee brace? We've all been there and all we want to do is help them.

The questions are:

- Do you know exactly what the procedure was?
- How the doctor performed it?
- What, if any, are the precautions and contraindications for this particular procedure?
- How can I help them without damaging the implants and prosthetics?
- How do I speak to the referring Physical Therapist or Doctor in a manner that shows I fully understand what I am doing?

In 2014 there were over one million total hip replacements and total knee replacements combined performed in the United States alone. That number is expected to increase to over four million by the year 2030 according to the American Joint Replacement Registry. That does not include total shoulder replacements, reverse total shoulder replacements or rotator cuff surgeries.

There is an education gap between a massage therapist and an entry level PTA or PT, Nurse Practitioner or Physician Assistant. Too many massage therapists do not understand hip and shoulder orthopedic pathologies and procedures, how the surgeries are performed and what post-surgical safeguards and precautions the surgeon may require of the patient and therapist.

This course describes these pathologies, the surgical procedures and their post-surgical precautions so the massage therapist will be better able to treat their patients without doing harm to the patient or the surgeries. While this course is not a technique course, students will get a refresher in anatomy and arthrokinematics, learn about goniometry, how to use a goniometer and landmark properly, and review joint ROM measurements. They will be educated on normal and abnormal end feels when assessing ROM and what that means in terms of possible tissue damage. Students will learn about manual muscle testing and how to perform it properly, understand and apply grading scales and what that means for possible pathologies. Students will be able to evaluate the above information and apply it to their patients. They will understand how to communicate with doctors and physical therapists.

My name is ***Matthew Gavzy, PTA, LMT, BCTMB*** and I've been a Licensed Physical Therapist Assistant for over 17 years and a Licensed, Board Certified Massage Therapist for over 27 years. I have worked in outpatient physical therapy settings as well as sub-acute settings working rehabilitating all types of injuries from orthopedic issues such as rotator cuff tears, knee and hip replacements, and shoulder replacements as well as strokes, heart attacks and neurological issues. I have been a member of the AMTA's National Event Sports Massage Team and provided massage at national and international events such as the 1996 Atlanta Olympics

and Paralympics and the New York, Boston and Baltimore Marathons. I will show you everything I know about what physical therapists do and how you can apply that same knowledge to your practice.

Course Objectives

- Improve anatomical and arthrokinematics knowledge
- Describe pathologies, surgeries, and employ precautions
- Perform goniometry
- Review normal joint ROM
- Perceive normal and abnormal joint End Feel
- Demonstrate Manual Muscle Testing
- Apply grading systems
- Evaluate the above information
- Communicate with MDs and PTs in their language to foster better understanding of how massage can their patients