



# “WHERE DOES IT HURT?”

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**A**fter an injury or surgery, the road to a successful recovery starts with participation—specifically—your participation. “After treatment is provided, the patient has to do the work necessary to get better,” explains Matt Mikesh, PT at Somers Orthopaedic Surgery. “Physical therapy after joint replacement surgery is vital. We want you back on your feet as soon as possible.”

Statistics show that our aging population is living longer and is more active than past generations. Operations to replace worn out knees and hips are technologically more advanced today and less invasive than in the past. The success of the replaced joint hinges largely on the participation of the patient in the rehab process. A physical therapist will examine each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability.

The physical therapists at Somers Orthopaedics are certified and highly trained to diagnose, manage and treat disorders and injuries of the musculoskeletal system, including acute sports injuries, injuries arising from accidents, arthritis, sprains and muscle pain. Rehabilitation after orthopaedic surgery involving joint replacement is also a specialty of the physical therapists at Somers Orthopaedics. Each treatment plan is



individually tailored to fit the needs of the patient. Our physical therapists work closely with the team of physicians at Somers Orthopaedics to ensure your progress is monitored and your goals are met. We want you to return to doing the things you like to do as quickly as possible.

Somers Orthopaedics is pleased to offer physical therapy services in two locations: Mt. Kisco and Newburgh. We offer convenient hours and accept most insurances.