



Are you “Game Ready?”

(Recovery time after surgery)

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“When will I run again?” When will I hunt again?” When will I get back to doing the things I love to do?”

These are all valid, understandable, and very common questions physical therapists are asked following a client’s knee or ankle surgery.

You may think of surgery as a ‘fix’ to what ails you and thus, the problem that kept you from enjoying life has gone away; you are ready to get back to it. But are you really ready? You are not really ready until you are ‘game ready’! Rehab gets you ‘game ready’.

There are, however, some guidelines which must be followed after surgery; a few govern healing of the surgery itself:

- At 30 days, your surgical wound will be approximately 30% healed
- At 60 days, 60% healed
- At 90 days, 90% healed

The next set of guidelines will tell you whether you are ‘game ready’; they answer your questions asked at the beginning of this article.

- Do you have enough motion?
- Do you have enough strength of the injured body part and connected parts?
- Do you have good enough balance, coordination, and reaction time?

Once all of these guidelines have been followed and accomplished, chances are you will no longer have trouble. Here is something else to think about though: If the injury that caused you to seek medical help initially was not a result of direct trauma but, rather, you cannot quite put a finger on what caused (your knee) to be in bad shape you may consider that there may be a problem elsewhere in the body that is victimizing your poor knee. Surgery may have helped the knee in this case but if you do not get to the real cause of the problem then the repaired knee may feel good for a while but later you may find that you are feeling similar symptoms as before.

If that is the case, ask your physician about other treatment alternatives. Osteopathic medicine or physical therapy are likely able to find the cause of the problem by treatment of the whole body, not just the symptom.

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