Getting families home together: what to expect during your rehabilitation after orthopedic surgery

Pre-Admission

Orientation to hospital

Intake questionnaire

Wheelchair assessment

DAY 1
Admission

Meet your rehab team

Review surgical restrictions

Medical review

Ongoing wheelchair evaluation

School registration

Pain assessment

DAY 2-5
Assessment
& Planning

Assessment with rehab team

Establish therapy program

Pain assessment and management

School

Recreation Assessment WEEK 1-2
Therapy to
get your child
started

First Family Team Meeting (FTM)

Update therapy program

Pain assessment and management

Management of care needs

Wheelchair reassessment

Equipment assessment

School

Ongoing recreation program (full day in summer)

WEEK 3-6 Therapy to get your child moving

Progress FTM

Progress activity based on surgical restrictions

Pain assessment and management

Management of care needs

Orthotic consultation

Wheelchair reassessment

School

Pool (if appropriate/indicated)

WEEK 7+
Therapy to
get your
child home

Discharge FTM

Reassessment with rehab team

Update therapy program based on surgical restrictions

Pain assessment and management

Therapy discharge plan

School transition planning

Equipment and wheelchair reassessment

Family weekend pass





^{*} Rehabilitation programs and timelines may vary to meet the needs of each child.