Kalyani's Knee & Shoulder Clinic

कल्याणी घुटना एवम कंधा क्लिनिक

Rehabilitation Services

Recovery, Strength & Safe Return to Activity

Patient Awareness | Knee, Shoulder, Sports Injury & Post-Operative Rehab

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What is rehabilitation? Rehabilitation is a planned recovery programme that restores movement, strength, balance, confidence and function after injury, surgery, pain or stiffness. It is not just exercise - it is structured, supervised and goal-based treatment.

Why early rehab matters: Early and correct rehabilitation prevents stiffness, muscle wasting, weakness, poor walking pattern, repeated injury and delayed return to work or sport. At Kalyani's Knee & Shoulder Clinic, rehab is planned according to diagnosis, surgery type, tissue healing and patient goals.

Who needs rehabilitation?

- Patients recovering from knee, shoulder, spine or sports injuries.
- Patients after arthroscopy, ligament reconstruction, meniscus repair, rotator cuff repair or joint replacement.
- Patients with pain, stiffness, swelling, weakness or reduced movement.
- Patients with difficulty walking, climbing stairs, squatting, lifting the arm or returning to sport.
- Patients with repeated sprain, instability, poor balance or fear of re-injury.
- Elderly patients needing safe mobility, fall prevention and strength training.

Goals of rehab

- Reduce pain, swelling and inflammation.
- Restore full and safe range of motion.
- Rebuild muscle strength and endurance.
- Improve balance, coordination and joint control.
- Correct posture, walking pattern and movement technique.
- Protect repaired tissues while they heal.
- Help safe return to work, daily activity, gym and sport.

Early warning signs needing review

- Increasing pain or swelling during rehab.
- Fever, wound discharge, redness or calf pain after surgery.
- New numbness, weakness, giving way or locking.
- Breathlessness, chest pain or sudden severe pain.
- Pain that prevents sleep, walking or basic daily function.

Rehab services at Kalyani's

Assessment: pain, swelling, movement, muscle strength, walking pattern, balance and functional limitations are evaluated.
Personalised plan: exercises are selected according to the diagnosis, age, surgical procedure and healing stage.
Pain control support: ice/heat advice, activity modification, bracing/taping and safe medicines/injections when advised by doctor.
Supervised progression: rehab advances step-by-step from protection to mobility, strength, function and return to activity.
Education: patients learn what to do, what to avoid, how to use brace/crutches and when to seek help.

Why supervised rehab is safer

Too little rehab: can cause stiffness, weakness and delayed recovery.
Too much too early: can overload repaired tissues and increase swelling or failure risk.
Correct timing: weight-bearing, bending, lifting and sport drills must match tissue healing.
Clear milestones: progression is based on pain, swelling, movement, strength and control.

Special focus: knee rehabilitation

Knee condition	Rehab focus	Important caution
ACL / ligament rehab	Swelling control, full extension, quadriceps activation, strength, balance and return-to-sport drills.	Do not rush pivoting or sports before strength and control are restored.
Meniscus repair rehab	Protected weight-bearing/flexion as advised, gradual motion and strengthening.	Repair needs protection; deep squatting/twisting may be restricted initially.
Knee replacement rehab	Pain control, knee bending/straightening, walking, stairs, gait and daily activity training.	Regular exercises are essential to avoid stiffness and improve function.
Patellofemoral pain rehab	Hip/core strength, quadriceps control, kneecap tracking, stretching and load management.	Avoid sudden increase in stairs, squats or running load.
Cartilage/arthritis rehab	Low-impact strengthening, weight control, flexibility and joint-protection training.	Goal is pain control, mobility and delaying deterioration.

Special focus: shoulder rehabilitation

Shoulder condition	Rehab focus	Important caution
Rotator cuff injury/repair	Pain control, protected movement, scapular control and gradual strengthening.	Avoid lifting too early after repair; tendon healing takes time.
Frozen shoulder	Pain control, gentle stretching, capsular mobility and guided home exercises.	Aggressive painful stretching may worsen symptoms.
Shoulder dislocation	Stability training, rotator cuff/scapular strengthening and return-to-sport control.	Repeated dislocation needs specialist review for labrum/bone injury.
SLAP/biceps problems	Shoulder blade control, cuff strength, throwing/gym technique and gradual loading.	Overhead loading should be staged carefully.
Reverse shoulder replacement	Safe movement, deltoid strengthening, posture and functional reach training.	Avoid sudden heavy lifting and falls.

Post-operative rehabilitation

- Rehab protocol changes according to surgery: ACL, meniscus repair, cuff repair, arthroscopy, joint replacement or tendon transfer.
- The first aim is protection of repair, pain control and swelling reduction.
- Then movement, strength and function are restored in phases.
- Return to work, driving, gym or sport should be cleared by the surgeon/rehab team.
- Home exercises are important, but supervised follow-up helps avoid wrong technique and overloading.

Phases of rehabilitation

Phase	What is done	Main purpose
Phase 1: Protection	Pain/swelling control, brace/crutch/sling guidance, safe movement.	Protect healing tissue and avoid complications.
Phase 2: Mobility	Restore range of motion, flexibility and gentle muscle activation.	Prevent stiffness and improve joint movement.
Phase 3: Strength	Progressive strengthening of key muscles and endurance training.	Restore support around knee/shoulder/spine.
Phase 4: Balance/control	Proprioception, neuromuscular control, gait correction and movement quality.	Reduce giving way and re-injury risk.
Phase 5: Function/sport	Stairs, squatting, lifting, jogging, landing, throwing or sport-specific drills.	Safe return to work, gym and sport.

Treatment options used in rehab

Clinic-based rehab

- Joint mobilisation and guided range-of-motion exercises.
- Strengthening for quadriceps, hamstrings, hip, core, rotator cuff and scapular muscles.
- Balance, gait training and functional retraining.
- Posture, ergonomics and sport/gym technique correction.
- Brace, sling, crutch and taping guidance when needed.

Home programme and monitoring

- Simple home exercises with clear do's and don'ts.
- Ice/heat, elevation and swelling-control advice.
- Daily activity modification and safe progression plan.
- Follow-up checks for pain, swelling, motion and strength.
- Return-to-work or return-to-sport plan based on milestones.

Return-to-activity milestones

Activity	Needed before return	Warning sign
Walking	Good pain control, safe balance and correct gait.	No limping or increasing swelling.
Stairs/squatting	Adequate knee bending, strength and control.	No sharp pain, locking or instability.
Driving/work	Reaction time, comfort, strength and safety.	Doctor clearance after surgery or major injury.
Gym/running	Strength and movement control restored.	Gradual loading without swelling flare.
Sport	Agility, landing/cutting/throwing drills and confidence.	Objective testing and specialist clearance.

Patient guide for better rehab results

Area	Key point	Patient action
Pain	Mild exercise discomfort can be acceptable, but sharp pain is a warning.	Report increasing pain or night pain.
Swelling	Swelling means the joint is irritated or overloaded.	Reduce load and seek review if persistent.
Consistency	Small daily exercises are better than occasional over-exercise.	Follow the plan regularly.
Technique	Wrong technique can delay recovery or cause re-injury.	Learn exercises correctly under supervision.
Progression	Rehab must progress step-by-step.	Do not jump directly to sport/gym loads.
Follow-up	Review helps modify exercises and detect problems early.	Attend scheduled visits after surgery/injury.

Common mistakes to avoid

- Stopping exercises as soon as pain reduces.
- Doing too many exercises too early after repair surgery.
- Ignoring swelling, locking, giving way or increasing pain.
- Returning to sport before strength and balance have recovered.
- Using YouTube/gym exercises without knowing whether they suit the injury.
- Skipping follow-up after surgery or major sports injury.

Key message: Rehabilitation is a treatment, not just exercise. The right rehab at the right time reduces pain, protects healing tissues, restores strength and helps patients return safely to daily life, work and sport.

Kalyani's Knee & Shoulder Clinic

Rehab for knee, shoulder, sports injury, arthroscopy, post-operative recovery and return-to-sport guidance

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