
Advancing Postoperative Physiotherapy: A Call for Personalized and Holistic Rehabilitation Approaches

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To the Editor,

The recent strides in postoperative physiotherapy highlight the critical need for a nuanced and patient-specific approach to rehabilitation. Alongside the foundational work of Risaldar et al. (2020) and Wane et al. (2020) on individualized rehabilitation and the psychological aspects of recovery, several other studies have contributed significant insights (1,2).

A systematic review and meta-analysis in JAMA Network Open sheds light on the mixed efficacy of prehabilitation for orthopaedic surgery patients, revealing moderate-certainty evidence favouring prehabilitation only for function at specific time points postoperatively, and underscoring the need for more robust research in this domain (3).

Another study from BMC Musculoskeletal Disorders evaluates the effectiveness of physiotherapy exercise following hip arthroplasty for osteoarthritis. The study presents a formal summary of results for walking speed and hip abductor muscle strength, despite the mixed and generally poor quality of trials. This highlights the importance of well-structured and diverse physiotherapy programs post-surgery (4).

These studies collectively emphasise the need for multifaceted and personalised physiotherapy rehabilitation strategies in the postoperative period. They underline the importance of not only addressing the physical aspects of recovery but also considering the psychological well-being of

patients, thereby advocating for a more holistic approach to postoperative care.

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