

Post-Surgical Rehabilitation

Recovering from surgery can be challenging



At Physiotherapy on the Green, we provide personalised, evidence-based post-surgical rehabilitation to help you return to movement safely and confidently.

Our approach is shaped by experience within specialist orthopaedic settings, including previous work at Horder Healthcare, and follows your surgeon's guidelines at every stage of recovery.

WHAT WE OFFER

- ✓ **Individualised rehabilitation programmes tailored to your surgery and goals**
- ✓ **Progressive exercises to restore movement, strength, and control**
- ✓ **Hands-on treatment where appropriate to reduce pain and stiffness**
- ✓ **Clear guidance and education to support your recovery**

OUR AIM

To support a safe, effective recovery and help you return to everyday life, work, and sport with confidence.