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**This kind of rehabilitation aims at optimal preparing patients for the procedures. This procedure includes:**

**1. getting to know and learning about:**

- respective stages of treatment,
- exercises that prepare the area for the surgery,
- methods of protection and rest for tissues after a surgery, eg. walking with crutches, positioning the limb at night, using orthoses and stabilizers,
- exercises done in the early stage after the surgery,
- the rules of using cold.

**2. physical preparation of the area:**

- reducing the inflammatory state (swelling and pain),
- regaining achievable range of motion,
- regaining achievable strength and muscle control through properly chosen exercises,
- improvement of the static and dynamic function of the treated limb.
- Find out more about the post traumatic management

[Find out more about the post traumatic management](#)

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