



**John A. Guzzo M.D.**  
Sports Medicine, General Orthopedics  
Direct Line (219) 250-5009

## **Physical Therapy Protocols**

The goal of physical therapy protocols is to provide guidelines for patient's therapy progression. The accompanied protocol is not an exact formula for treatment. We expect the Physical Therapist, Physical Therapy Assistant, and/or Athletic Trainer will use appropriate judgment and clinical decision-making skills when advancing a patient through their post op therapy.

If you have questions or concerns, Dr. Guzzo and his staff may be reached at (219) 250-5009 and the therapy department can be reached at (219) 921-1401. Patients are given therapy orders at the time of surgery with the procedure listed, specific instructions and/or limitations. If the patient does not have the protocol with procedure and specific instructions with them upon evaluation, please call the office.

Gradual progression of therapy is imperative to avoid increased pain or swelling. If these symptoms arise, please treat accordingly. Every patient's therapy progression will vary to a degree depending on many factors. Please use your best clinical judgment on advancing a patient. If other ideas are considered to improve patient's outcome do not hesitate to call.

Patient's recovery is a team approach: Patient, family/friend support, therapist, and surgeon. Every team member plays an important role in recovery.