

### Frequently Asked Questions

#### How often will I have physiotherapy sessions?

The number of sessions depends on how you're doing. Your physiotherapist will decide the best schedule for you.

#### Will physiotherapy be painful?

Some exercises might feel uncomfortable but shouldn't be painful. Let your physiotherapist know if you feel pain.

#### Can family members assist with physiotherapy?

Yes, family members can help with certain exercises and provide encouragement. The physiotherapist will guide you on how to assist safely.

If you have any questions or concerns about physiotherapy, please contact your SICU nurse or physiotherapist. We are here to support your recovery and ensure you receive the best possible care.

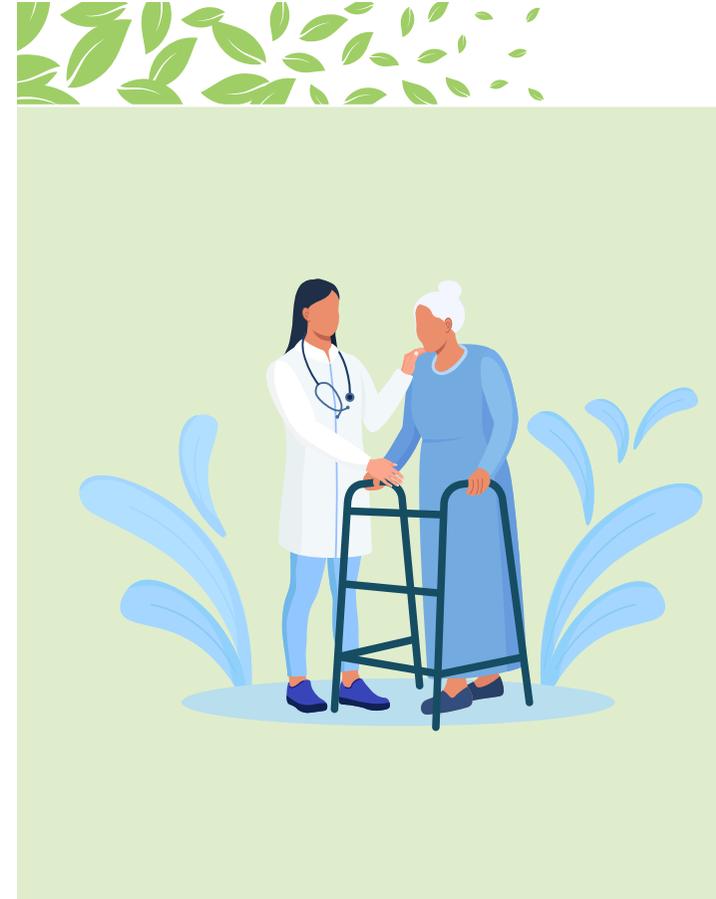


**Patient and Family Education**

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# Physiotherapy in the Surgical ICU



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**Physiotherapy** is a healthcare profession focused on improving movement, function and overall physical well-being. In the SICU, physiotherapists play a critical role in helping patients recover from surgery or manage critical illnesses.

## Why is Physiotherapy Important in SICU?

- **Speeds Up Recovery:**  
Physiotherapy helps you recover faster by improving how well you can move and function.
- **Prevents Complications:**  
Regular physiotherapy helps prevent issues such as lung infections, blood clots and muscle loss.
- **Helps You Breathe Better:**  
Physiotherapists use special techniques to help improve your lung function.
- **Maintains Muscle Strength:**  
Helps maintain and build muscle strength, which is important for getting better.
- **Reduces Pain:**  
Physiotherapy can help manage and lessen pain through exercises and techniques.

## Physiotherapy Techniques Used in the SICU

Techniques	Purpose	Techniques
Breathing Exercises	Help improve how well you breathe.	Deep breathing exercises, incentive spirometry and coughing techniques.
Mobilization	Helps with blood flow and keeps muscles from getting weak.	Moving in bed and sitting up or walking with help.
Positioning	Helps with breathing and prevents bedsores.	Regularly changing positions, elevating the head of the bed and using pillows for support.
Range of Motion Exercises	Keeps your joints flexible and muscles working.	Passive and active range of motion exercises.
	Builds up muscle strength with exercises.	Leg lifts and arm exercises.

## Physiotherapy: A Personalized Plan for Better Recovery

The physiotherapist will begin by assessing your physical condition, mobility and breathing to develop a personalized plan tailored to your specific needs and goals. This plan will be regularly updated based on your progress to ensure optimal recovery. You will attend regular physiotherapy sessions, each adjusted according to your current condition and improvement. Additionally, the physiotherapist will collaborate closely with doctors and nurses to ensure you receive comprehensive and coordinated care throughout your treatment.

## Tips for Patients and Families

- **Stay Informed:**  
Ask the physiotherapist to explain the purpose and benefits of each exercise or technique.
- **Be Patient:**  
Recovery can take time and progress may be gradual. Patience and persistence are key.
- **Communicate:**  
Share any discomfort or concerns with the physiotherapist to adjust the treatment plan as needed.
- **Participate:**  
Actively participate in physiotherapy sessions and follow the recommended exercises and activities.