

## How to Optimize Your Recovery

In addition to a *physical rehabilitation program*, the following is a list of medical devices, equipment, and services that can help you reach your optimal recovery ~ getting you back to your activities sooner and reducing your risk of another injury.

Required Equipment:	Recommended Equipment:	Recommended Services:
<input type="checkbox"/> Crutches Needed for 4-6 weeks to maintain mobility. Must be fit correctly to avoid further injury.	<input type="checkbox"/> Cold Therapy Unit Can be used for 4-6 weeks and during rehab for up to 6 months. Helps with pain management, reduces medication use, reduces swelling and inflammation.	<input type="checkbox"/> Blood Flow Restriction Therapy (BFRT) Used to improve strength and muscle mass.
<input type="checkbox"/> Hinged Knee Brace For acute injury, multi-ligament surgery, MPFL reconstruction, HTO. Protects healing tissue and prevents re-injury.	<input type="checkbox"/> Reparel™ Sleeve Can be used for 4-6 weeks 24/7 (or longer as needed) after surgery or injury. Promotes healing, reduces pain and swelling, and increases range of motion.	<input type="checkbox"/> Pre- and Post-surgical Nutrition Consultation Can improve recovery time, wound healing, post-surgical symptoms, and muscle wasting.
<input type="checkbox"/> Shoulder Sling / Immobilizer Needed for first 4-6 weeks.	<input type="checkbox"/> Compression Sleeve Reduces swelling and pain.	<input type="checkbox"/> Strength & Conditioning Can be incorporated after surgery to enhance recovery and facilitate a safe return-to-sport and activity.
<input type="checkbox"/> Walking Boot Protects healing bone and tissue and prevents re-injury.	<input type="checkbox"/> Electrical Muscle Stimulator (EMS) Can be used for 3-6 months for muscle activation and improving strength. Can also reduce pain and promote tissue healing.	<input type="checkbox"/> Massage Therapy Can be incorporated before or after surgery to enhance recovery and wellbeing.
<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____	<input type="checkbox"/> Other: _____

### What is covered by Alberta Health Care?

Only the **visits with your physician, and your surgery and stay in the hospital** are covered by Alberta Health Care.

Other items that are required or recommended for your recovery are not covered. Fortunately, many of these are covered by third-party insurance companies. Please check with your insurance provider prior to your surgery to confirm. If needed, your surgeon or sport medicine physician can provide a prescription to assist with your coverage.

### Where can I buy this equipment?

Most of these items are available at the Banff Sport Medicine clinic.

Some items can be purchased via our online shop and will be shipped to your home. Visit <https://banffsportmed.ca/shop/> or scan the QR code. Be sure to allow at least 1 week for shipping. Alternatively, you can purchase these items at a medical supply store or online through various other retailers.



### How can I book an appointment?

You can call the Clinic on 403 760 2897 ext 3 to book one of our recommended services or visit <https://banffsportmedphysio.janeapp.com/>