

Dr. Julian Sernik

"Simultaneous Physiotherapy and Orthopedic Surgeon Interdisciplinary Care (SPOSIC) is superior to traditional siloed care for knee arthroplasty patients "

The interdisciplinary approach to orthopedic care that our study seeks to investigate involves orthopedic surgeons and physiotherapists *simultaneously* evaluating patients and formulating education and physical fitness plans for them both in preparation for knee arthroplasty and following surgery. The hallmark of this surgical optimization approach is to establish a high functioning team which includes the patient as a pivotal member and that builds collaboration in the preoperative period which can then be leveraged in the vulnerable postoperative period to achieve the best possible outcomes. We will compare this group of patients to patients receiving standard siloed care typically offered to knee replacement patients.