Physio is required and is extremely important after most surgeries. Post surgery joints tend to stiffen and you  may experience some muscle wastage due to disuse, immobilisation and pain or swelling in the affected region. It is essential to retrain core stability following spinal surgery, and often very specific strengthening is needed to achieve a full recovery after ankle, knee and shoulder surgery. Our “phase-based rehab” programs ensure the best and fastest recovery possible by first controlling the inflammation, then restoring your full normal range of motion, and then progressing on to advanced strengthening and stretching.