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Physical and emotional well-being of each patient's need and life. For example, a longer, more active patient may be an aggressive rehabilitation plan, while an elderly patient may benefit from a more gradual approach [7]. Engaging a patient in the decision of their rehabilitation plan increases adherence and motivation, leading to better functional outcomes.

Effective communication is essential in orthopaedic rehabilitation. It allows patients to understand their condition, the goals of treatment, and the role of physical therapy. Patient-centered care involves incorporating emotional and psychological aspects into the treatment plan, helping patients cope with the challenge of recovery and return to their normal lives. This may include addressing concerns, providing education, and offering support to ensure a comprehensive recovery process.

Benefits of Patient-Centered Care in Orthopaedics:

1. **Improved Adherence:** When patients feel heard and