



## BETTER RESULTS THROUGH *PREHAB*

At Aegis Therapies® we are experts in rehabilitation for total joint replacements. Through our prehab program, combined with postoperative therapy, we help ensure your patients have a successful recovery with higher clinical outcomes.

### WHY IS PREHAB IMPORTANT?

Prehab is therapy received before surgery to ensure a successful postoperative outcome. Based on a physician's order and the patient's need, prehab may occur a few days or a few weeks/months prior to surgery. Building strength before surgery will help your patients to recover quicker afterward.

### PREHAB GETS RESULTS

Arthritis.org cites “a study by researchers at New England Baptist Hospital, Beth Israel Deaconess Medical Center and Harvard Medical School, found that knee and hip replacement surgery patients who had participated in strength training, and aerobic and flexibility exercises for six weeks prior to their surgeries **reduced their odds of needing inpatient rehabilitation by 73%.**”<sup>1</sup>

### IMPACT ON RECOVERY

Recommending prehab as part of your patient's treatment plan allows the patient's mind and body to be better prepared to work through the rigors of postoperative therapy. After surgery, patients are placed at ease and are able to move more quickly through their recovery with the knowledge of movements they have familiarized themselves with during prehab.

#### To refer a patient, contact:

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<sup>1</sup> Rizzo, Terrie H. (2018). Pre-hab for Surgery. <https://www.arthritis.org/living-with-arthritis/treatments/joint-surgery/preparing/prehab-surgery.php>. Aegis Therapies welcomes all persons in need of its services and does not discriminate on the basis of age, disability, race, color, national origin, ancestry, religion, gender identity, sexual orientation or source of payment. Interpreter Services are available at no cost. Please visit your local Aegis Therapies location for assistance. Servicios de interpretación están disponibles sin costo. Visite su sucursal local de Aegis Therapies para recibir asistencia. 我们提供免费传译服务。请探访您的本地Aegis Therapies地点以获得协助。AOP-00136-18 A049

