

PREPARING FOR A SUCCESSFUL RECOVERY

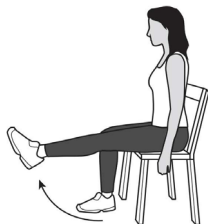
At Aegis Therapies® we are experts in rehabilitation for total joint replacements. Through our prehab program, combined with post operative therapy, we help ensure you have a successful recovery and are back to the things you love most – faster.

WHAT IS PREHAB?

Prehab is therapy received before surgery to ensure a successful post operative outcome. Prehab may occur a few days or a few weeks/months prior to your surgery based on your needs and your physician's orders. Building strength before your surgery will help you to recover quicker afterward. Here are a few exercises you can perform at your own pace and pain tolerance¹:

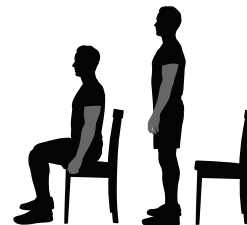
Leg Extensions

- Straighten each knee
- Hold for ___ seconds
- Slowly lower your leg



Sit/Stand

- Sit near the front of a firm chair
- Place feet firmly on the floor
- Shift weight forward slightly as you stand
- To sit, stand close to the chair
- Bend knees and lean torso forward slightly
- Lower yourself with control



AFTER SURGERY

Once you've been discharged from the hospital, you may go to another care setting prior to receiving outpatient therapy, based on your physician's recommendations. You may also require the use of adaptive equipment, such as a walker or straight cane. Aegis Therapies is committed to being your partner throughout your recovery, if you have any questions regarding your recovery or treatment plan, please don't hesitate to call.

For more information, contact:

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