



## PREPARING FOR A **SUCCESSFUL RECOVERY**

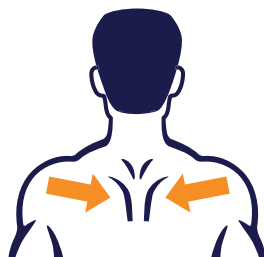
At Aegis Therapies® we are experts in rehabilitation for total joint replacements. Through our prehab program, combined with post-operative therapy, we help ensure you have a successful recovery and are back to the things in your life that you love – faster.

### WHAT IS PREHAB?

Therapy received before surgery is called prehab and is performed to secure 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 recover quicker. Here are a few shoulder exercises you can perform at your own pace and pain tolerance:

#### Scapular Retraction:

- Sit upright in a chair with good posture.
- Relax your shoulders.
- Pinch your shoulder blades together like you are holding a pencil.



#### “Y” Formation:

- Lie on your stomach on a mat or bed.
- Place your arms overhead like you're making a “Y” with thumbs facing up.
- Gently exhale and slowly lift your arms off the floor, moving your arms into a “Y” formation.
- Try lifting at your shoulders, not the lower back.
- Hold for five seconds and slowly relax.



### 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. Use of a shoulder sling, an assistive device for dressing and a shoe aid are recommended. 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:

##### Salude

601 Northolt Pkwy. • Suwanee, GA 30024

P: 770-904-3222 • F: 770-831-7220 • [AegisOutpatient.com](http://AegisOutpatient.com)