



REVIVE
PHYSIOTHERAPY
& EXERCISE PHYSIOLOGY

JointFit

Prehab to Post-Op Recovery Plan

A structured exercise and education program to prepare you for your joint replacement surgery, helping to speed up short term recovery and ensure you achieve the expected outcome after surgery.



PRE-OP

BENEFITS

Evidence shows that engaging in prehab reduces complications after surgery and improves recovery.

- ✓ Decrease length of hospital stay
- ✓ Decrease anxiety
- ✓ Improve self-confidence
- ✓ Establish trust with your therapist and set realistic expectations

Aids in development of a tailored post-op rehabilitation programme to follow, which is specific to your goals and needs. For example, do you have work requirements? Do you wish to resume golf?

PRE-OP

PROCESS

Thorough subjective history taking.

Examination to determine functional capacity, mobility, range of motion and muscle power.

6 x 1:1 Supervised Physiotherapy sessions

- Patient education
- Structured exercise program (pool or gym based)
- Hands on therapy

Purchase 10 x entry passes to engage in gym or pool-based exercise therapy.

Updates provided to your surgeon.

POST-OP

BENEFITS

Research shows that engaging in post-operative Physiotherapy helps to speed up early recovery and...

- ✓ Improve physical function
- ✓ Reduce reported pain
- ✓ Improve range of motion
- ✓ Reduce risk of complications

POST-OP

PROCESS

6 x 1:1 Supervised Physiotherapy sessions

- Early education and evaluation
- Hands on treatment
- 6-week hydrotherapy program upon wound healing
- Weaning down frequency as you recover
- Follow up until 6 months post-surgery

Purchase 10 x entry passes to engage in gym or pool-based exercise therapy.

Regular updates provided to your surgeon.

Focus of rehabilitation sessions:

- Gait retraining
- Biomechanical correction (utilising EOS scans if available)
- Targeted strength and fitness exercises
- Return to work and return to activity planning

JOIN NOW



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