



## Prehab for Joint Replacement

At Central Coast Bone and Joint we recommend Pre-Rehabilitation in preparation for joint replacement. Please consult your physiotherapist for education and preparation for your upcoming surgery.

Studies show the effectiveness of undertaking physiotherapy treatment and an exercise program designed to help reduce symptoms and strengthen a particular body part are beneficial BEFORE undergoing surgery to repair the injury. This is called Prehabilitation.

### What are the benefits in PREHAB prior to surgery?

Studies have shown that those patients who underwent prehab, had a faster return to activity, better muscle function and greater ability to tolerate uneven surfaces. An example of this is patients requiring rehabilitation after joint replacement surgery, with adequate prehab, patients are able to commence their post-operative recovery with better muscle function and often less instability. This can help them back on their feet faster with a speedier road to recovery.

### How will PREHAB help me?

Prehabilitation is an exercise program undertaken prior to surgery designed to:

- Improve general fitness and weight control
- Increase strength and range of motion of both upper and lower limbs
- Increase balance, endurance and joint awareness
- Increase both core abdominal and upper body strength to assist in the use of gait aids

Please contact your physiotherapist to arrange Prehabilitation.

If you do not have a regular physiotherapist, please contact Dean Clatworthy – Allied Health Manager, Brisbane Waters Private Hospital 4341 9522 to arrange your Prehabilitation

Any issues with Oedema please contact Kate Perkins – Lymphatic solutions, 0425 554 994

**All correspondence to:** PO Box 749, Woy Woy, NSW, 2256  
Brisbane Waters Private Hospital, 21 Vidler Avenue, Woy Woy, NSW, 2256  
**Phone:** 02 4341 9925 | 1800 686 694 | **Fax:** 02 4341 1889 | **Email:** office@ccbj.com.au  
See website for locations **www.ccbj.com.au**