



## **Benefits of Prehab**

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Are you thinking about having hip, knee, or shoulder replacement surgery in the near future? Have you scheduled the surgery and are anxiously counting down the days? GVPT offers a Prehab program for anyone looking to have joint replacement surgery. Prehab is a growing trend and many surgeons highly recommended their patients attend a prehab class prior to having surgery. Many research studies have shown the efficacy of prehab programs.

Total Joint Replacement Surgery can be overwhelming and a bit stressful if you are not properly prepared and do not know what to expect. Prehab is for anyone who is thinking about undergoing a hip, knee and or shoulder replacement in the future or someone who already has the surgery scheduled. Research shows that patients who are suffering from greater dysfunction prior to total joint surgery usually do not recover as well or reach the same outcome as those who go into surgery with better preoperative functional status. Research shows the more motion and strength you can gain in your joint before having joint replacement surgery the better outcome you will have after surgery.

There are many benefits in starting a Prehab Program. A prehab program helps improve your quality of life and physical fitness while awaiting joint replacement surgery. The program helps decrease existing pain and improve strength and motion prior to your joint replacement. A physical therapist will educate you throughout your program, increasing your knowledge regarding your upcoming joint replacement and will make you feel better prepared for surgery and reduce anxiety. Research shows a prehab program also helps improve adherence and understanding to post-op surgical precautions as it implies to the specific surgery.

The benefit of doing GVPT's prehab program is, you will be examined by a licensed physical therapist. During this initial exam, the therapist will identify your specific limitations and create an *individualized* exercise program. The therapist will also answer any questions or concerns about the surgery and set expectations for your postoperative care. You will be able to start your individualized exercise program immediately at a GVPT clinic or at the local YMCA. GVPT has access to the local YMCA's allowing you to exercise at the YMCA gym and pool 7 days a week. Access to the YMCA will allow you to see quicker results and save you money! The GVPT Therapist will re-evaluate you routinely in order to progress your program and answer any questions you may have.

Direct access in NY State allows you to start physical therapy with no prescription needed! Call one of our offices and schedule a Prehab appointment today!

