



PREHAB

PREHABILITATION *for* COVID-19 DELAYED SURGERIES

A delayed or postponed surgery doesn't have to impact your patient's ability to begin a structured physical therapy program. Patients who participate in prehab often maintain a higher level of function and often rebound more rapidly in the post-surgical rehabilitation process.

BENEFITS *of* PREHAB

Restore range of motion

Improve muscular control to the injured area

Improve balance/proprioception to reduce the risk for falls

Normalize movement patterns

Improve overall wellbeing and fitness

Mentally prepare the patient for surgery and physical therapy

Patients will gain understanding of post-operative exercises



IN-CLINIC

Our clinics remain open, providing patients with a clean, safe environment. We've taken extra precautions to ensure our facilities, linens, and equipment are disinfected and handled properly each and every day.



TELEHEALTH

For patients who are looking to take extra safety measures, we offer telehealth therapy services. From the comfort of their own home, patients are able to connect via phone, tablet or computer for one-on-one treatment.



HYBRID

Some patients may opt for a hybrid approach to their treatment plan. We work with each patient to ensure they are getting the individualized care they need through a combination of in-clinic and telehealth visits.