

Research suggests engaging in a rehabilitation program BEFORE surgery is just as important as rehabilitation after surgery.

Pre-surgical rehabilitation refers to conditioning the body, through exercise, before it undergoes physical stress, such as a joint replacement surgery. For example, studies suggest that functional ability of the knee after surgery is strongly dependent on its functional ability before the surgery.



**Locations:**

**Dove Healthcare - South**

3656 Mall Drive  
Eau Claire, WI 54701

**Dove Healthcare - West**

1405 Truax Boulevard  
Eau Claire, WI 54703

**Wissota Health and  
Regional Vent Center**

2815 County Hwy I  
Chippewa Falls, WI 54729

[www.transitionsrehabilitation.com](http://www.transitionsrehabilitation.com)

**To find out if pre-surgical  
rehabilitation is right for you,  
call 715-552-1036.**

Transitions Rehabilitation's resident services do not discriminate on the basis of age, color, disability (mental or physical), national origin, religion, race, sex, or other classifications protected by law. We are committed to providing equal opportunity in all programs, services and activities to persons with limited English proficiency.

# NEED JOINT SURGERY?

**Improving your strength and cardiovascular health NOW, can result in better, faster outcomes after surgery!**





## Duration of Pre-Surgical Rehabilitation

**Your pre-surgical rehabilitation program will last approximately four to six weeks.**

Depending on the date of your surgery, a shorter time frame can be accommodated as well. Based on your current health condition, a skilled, licensed occupational or physical therapist will meet with you one-on-one in the gym and or in the privacy of our enclosed pool room.

*Pool is available at Dove Healthcare-South only.*

## Preparation for After Surgery

**You will learn how to use adaptive and assistive devices** (i.e. walker or cane), as well as how to get on and off a chair or in and out of bed. Your therapist will also explain any motion restrictions that may apply for your surgery. By participating in rehabilitation before surgery, your therapist and you have an opportunity to get to know each other, you will become comfortable with the exercises, and feel more prepared and confident about what to expect. Your therapist will also take time to talk with you about your rehabilitation options after surgery. All of these benefits can contribute to a successful recovery!

## Insurance & Payment

With physician order, Medicare Part B and most health insurance providers, including supplemental plans, reimburse a limited number of pre-surgical therapy visits. Before treatment is started, we will check your insurance benefits and coverage.

## Goals of Pre-Surgical Rehabilitation:

Shorten the length of your hospital stay

Decrease your pain

Reduce the need for in-patient rehabilitation

Achieve independence with mobility faster

We treat the full range of musculoskeletal conditions affecting:

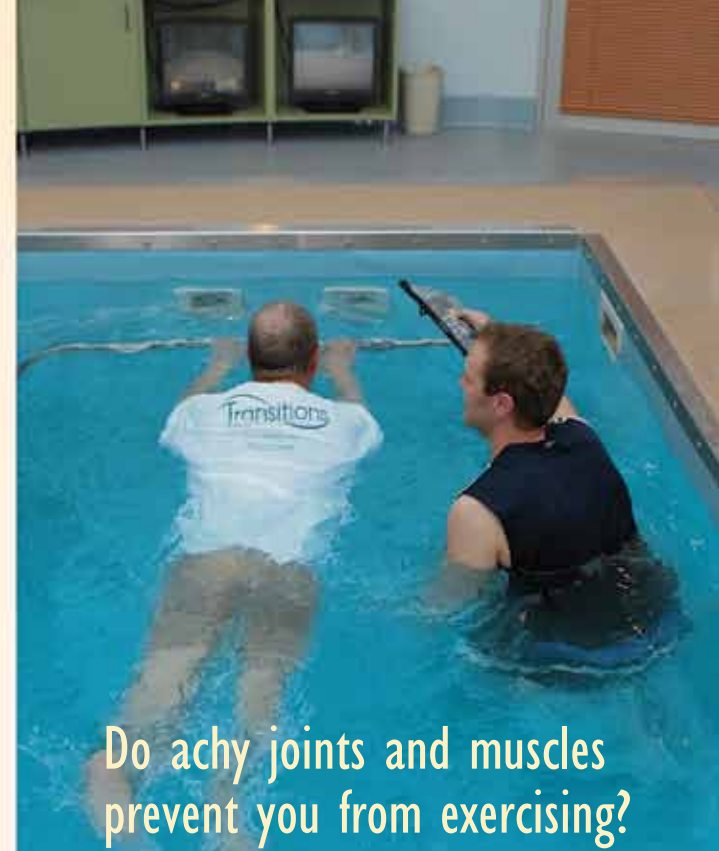
- Shoulders and Rotator Cuffs
- Back and Neck
- Feet and Ankles
- Knees
- Hips
- Wrists and Elbows

Pre-surgical rehabilitation targets six main areas:

- Strength
- Range of Motion
- Joint Stability
- Flexibility
- Balance
- Cardiovascular Fitness

**Start rehabilitation before surgery so you can recover faster.**

**Call 715-552-1036 to make an appointment today.**



## Do achy joints and muscles prevent you from exercising?

Use the state-of-the-art, warm water therapy pool at Dove Healthcare - South as an alternative to or in conjunction with land-based therapy.

The weightlessness and warmth of the water eases the pain of achy joints and muscles; increases mobility; and improves range of motion. The height-adjustable floor functions as an underwater treadmill for cardiovascular and strength training. It also allows you to safely enter the pool without lifts, ladders, or steps. You don't need to know how to swim; the aquatic therapist will work right by your side.

