

JOINT REPLACEMENT PREHAB PROGRAM

The WDHS 6-week joint replacement prehabilitation exercise and education sessions aim to provide those undergoing elective hip/knee arthroplasty surgery an opportunity to enhance general health and wellbeing prior to their surgery date, as well as improve patient confidence and readiness for surgery.



Benefits of Prehabilitation

- Improved overall strength, mobility and function
- Improved confidence and preparedness surrounding their surgery
- Reduced hospital length of stay and likelihood of complications

Program Times

Exercise Sessions – Mondays and Thursdays 10:30am – 11:30am

Education Sessions – commence at 11:30am Thursday post the exercise session

Eligibility:

- Planned for Elective Total Hip or Knee Replacement Surgery at WDHS
- Ability to attend six weeks of exercise and education sessions

For further information please call the Physiotherapy Department via Allied Health Reception on 5551 8349