

Pre-what? Yes, that's right. Pre-hab.

Pre-hab, or pre-habilitation, is a growing necessity; it's the proactive approach to avoiding and minimizing pain and injury, post-surgical procedures. Furthermore, it prepares an individual to withstand a stressful event through doing strengthening and range of motion exercises.



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Say for example you've scheduled your joint replacement surgery for your weary hips. You have been in communication with your orthopedic surgeon and are concerned about the amount of time your recovery will take. Don't delay, maximize your surgery outcome by beginning pre-hab six weeks ahead of time (at a minimum).

A study with [Harvard Medical School](#) found that knee and hip-replacement surgery patients who participated in pre-hab exercises (land and water-based) for six weeks prior to surgery, reduced odds of needing inpatient rehabilitation by 73 percent... 73 percent!

Although not conclusive, there's evidence that pre-hab programs can help all pre-surgery patients (of all ages) get back to daily activities more quickly.

Exercise regimens for pre-hab will vary depending upon the complexity of the injury or the damage incurred from years of stress on joints. Most regimens will include strength building and range of motion exercises; this will help muscles recover more quickly after a traumatic event (e.g., surgery).

Need help getting started on a pre-hab program? Give us a call and we'll help you get on the road to recovery in no time.

Thanks for reading,
HARTZ Physical Therapy

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Employee Spotlight:



Megan Sabol

[Megan Sabol](#), DPT, OCS, COMT, will be presenting at the [Lititz Rec](#) on Monday, November 17, 2014, from 6:30 p.m. - 7:30 p.m. on **Female Specific Injury Prevention**.

Learn about ACL injury prevention for female athletes with a focus on the PEP program, which is a dynamic warm-up designed by the Santa Monica Sports Medicine Foundation that uses specific stretches and strengthening exercises to improve the mechanics of the knee and therefore decrease risk of injury.

This free event is for coaches, teens, athletes, recreational athletes and parents! No registration required.
Questions? Give us a call at 717-735-8880.

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