



EXCELLENCE IN CARING™

HEALTHY AGING INFORMATION

We have all your aging needs covered

Prehab Before Surgery for Better Healing

Menorah Park's Peter B. Lewis Aquatic & Therapy Center is your partner in healing before and after surgery. *While therapy cannot always prevent the need for surgery, an individualized rehabilitation program can certainly quicken healing time after your surgery.* Research shows that a targeted exercise program before surgery, prehabilitation, can result in significant reduction in your post-operative care due to a quicker recovery. ***For best results, it is recommended that prehabilitation starts four to eight weeks prior to your surgery.***

According to Kelly McNeal, PT, DPT, director at the Peter B. Lewis Aquatic & Therapy Center, opting for land-based and aquatic prehabilitation before surgery does make a difference in your rehabilitation after a surgery. "Exercising in water helps you because the buoyancy of your body in warm water (88 degrees) makes moving less painful or even pain-free. It keeps you interested, engaged, and ready for recovery!"

With prehabilitation, you will also enjoy the use of the Center's fitness rooms.

Prehabilitation includes:

- A thorough, individualized Physical Therapy Evaluation to begin your pre-operative program
- Exercise prescription- land and / or water exercises to reduce pain, increase strength, and improve range of motion
- Two to four individual pre-operative visits with a licensed physical therapy professional
- We advance your program based on your progress
- Education about realistic expectations
- Gait analysis and training

Therapy evaluation, exercises, and equipment prescriptions are billed to your insurance. The Center also offers many types of exercise classes and workout equipment, and is open six days a week, including early mornings and evenings, for your convenience.

Call 216-595-7345 to schedule your appointment.