

# Physical Therapy Prehab Visit

- What is prehab and why do I need it?

Prehab is a 30-45 minute physical therapy appointment to discuss your individual situation, equipment needs (walker, cane, sling, etc.), your direct support at home, recovery time expectations, and any general questions you may have.

- When do I schedule my prehab visit?

Ideally, prehab is scheduled for 1-2 weeks prior to your surgery date; however, this is not a mandatory time frame and your surgery will not be postponed if you had prehab outside of this recommended window.

- What is the difference between prehab and a total joint class?

Prehab is a one on one appointment with a physical therapist in a therapy setting to discuss individual needs and expectations.

Total joint class is in a group setting with other pre-surgical patients to discuss what to expect the day of and the day after surgery, your medications, etc.

**Schedule your Prehab visit now!**

360.413.3850