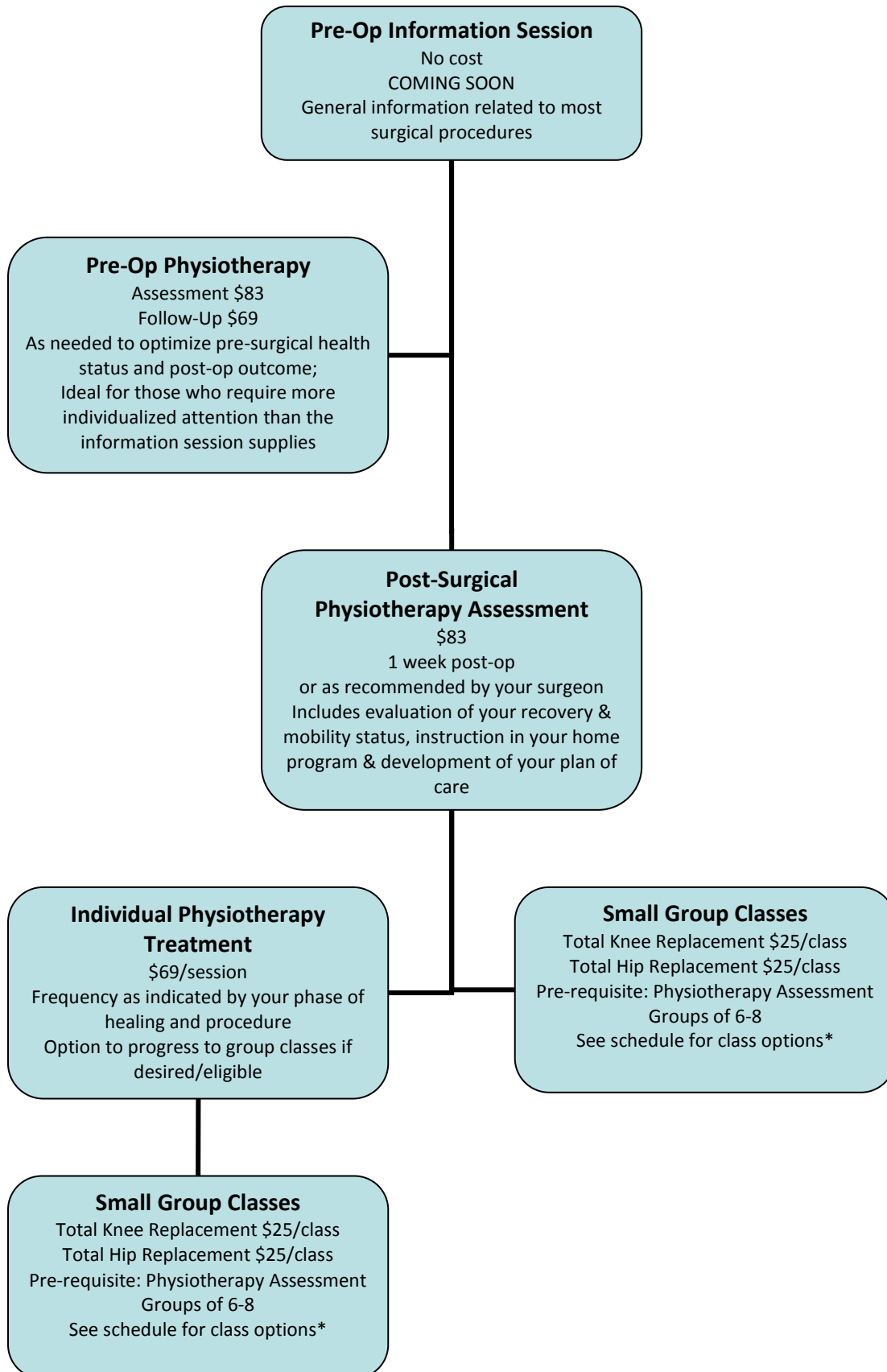


# Pre & Post Surgical Rehabilitation Program

*Because you deserve every chance to be better after*





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## **Pre-Operative Information Session**

This educational session will provide you with information on how best to prepare for your surgery, what to expect the day of your surgery, and how to optimize your recovery in the first week post-operatively. Information provided is developed in partnership with our surgeons and will be applicable to most surgical procedures offered at the Pan Am Clinic. Attendees are encouraged to bring a support person if desired. There will be one session offered every 2 weeks.

Location: Pan Am Clinic Conference Room, Main Floor

Value: No cost.

**COMING SOON**

## **Pre-Operative Physiotherapy**

Those who require more individualized attention than the information session supplies will want to take advantage of our pre-operative physiotherapy appointments. These are utilized as needed to optimize pre-surgical health status and provide more individualized guidance to the motivated surgical candidate.

Location: Pan Am Rehabilitation Services, Second Floor

Value: Assessment \$83 Subsequent Sessions \$69

To book call 204-927-2660

## **Post-Surgical Physiotherapy Assessment**

This appointment is usually scheduled 1 week post operatively, or as recommended by your surgeon. This appointment will provide the opportunity to ensure you are recovering as expected, able to perform activities of daily living adequately, performing your home program as prescribed, and to provide recommendations as to which rehabilitation plan will be best for you. Every person is different. You may require individualized attention and independent therapy sessions, or you may be a good candidate for group sessions. During this session your therapist will discuss all your options and help you decide which plan of care will provide you with the best outcome. Evidence has shown that early intervention is the key to success so you do not want to delay this appointment.

Location: Pan Am Rehabilitation Services, Second Floor

Value: Assessment \$83 Subsequent Sessions \$69

To book call 204-927-2660

## **Individual Post-Surgical Physiotherapy Treatment**

These sessions are ideal for those who desire and require one-on-one attention, or those who do not meet the group class criteria during their initial assessment. Your therapist will work with you to follow your post-operative protocol as determined by your surgeon and to set reasonable and achievable goals to ensure you can enjoy an improved quality of life after your surgery. Option to combine treatment with, or progress to group classes as your recovery allows.

Location: Pan Am Rehabilitation Services, Second Floor

Value: \$69/Session.

To book call 204-927-2660

### **\*Small Group Classes**

These intimate small group sessions provide the opportunity for you to connect with others who are recovering from similar procedures in a cost-effective manner under the close supervision of a physiotherapist who will ensure you are doing all you can to optimize your recovery. You will be required to attend a Physiotherapy Assessment prior to registering in any class.

#### **Total Knee Replacement Class**

2x/week for 4 weeks, groups of 6-8

Tues/Thurs 6:30-7:30pm

Location: Pan Am Rehabilitation Services, Second Floor

Value: \$25/class

Registration required. Please call 204-927-2660 to confirm availability.

#### **Total Hip Replacement Class**

1x/week for 6 weeks, groups of 6-8

Sat 11:30-12:30

Location: Pan Am Rehabilitation Services, Second Floor

Value: \$25/class

Registration required. Please call 204-927-2660 to confirm availability.

We are pleased to offer the opportunity to directly bill eligible insurance plans for Physiotherapy Assessments and Subsequent Visits. Group Classes must be paid for upon arrival and submitted to your insurance plan as allowed.