



**Because you deserve
to be better after surgery**

We offer rehabilitation services for most surgical procedures including:

- total knee replacement
- total hip replacement
- other joint replacement
- ACL reconstruction
- rotator cuff surgery
- tendon repair
- meniscal repair
- back surgery
- foot and ankle surgery

**To book an appointment or register for a class, call
(204) 927-2660**

Surgical
Rehabilitation



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Rehabilitation
Services



Before Surgery

Preoperative Information Session

This educational session will provide you with information on how to best prepare for your surgery, what to expect the day of your surgery, and how to optimize your recovery in the first week postoperatively. Information provided is developed in partnership with our surgeons and will be applicable to surgical procedures at the Pan Am Clinic. Attendees are encouraged to bring a support person if desired. No cost. Registration required.

Preoperative Physiotherapy

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

After Surgery

Postoperative Assessment & Screening

This appointment is usually scheduled one week postoperatively, or as recommended by your surgeon. It provides the opportunity to ensure you are recovering as expected, able to perform activities of daily living and 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 personalized 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.

Private Physiotherapy

- One-on-one sessions
- Personalized program
- Can be combined with group classes

Group Classes

- Small groups
- Instructed by a physiotherapist
- Prerequisite: Postoperative Assessment & Screening

We are pleased to offer direct billing to eligible insurance plans for Physiotherapy Assessments and subsequent visits. You will need to check with your insurance provider to determine if group classes are covered by your plan.