

What is Prehabilitation??

Prehabilitation is an exercise program undertaken prior to surgery, designed to:

- Increase strength and range of motion of both upper and lower limbs
- Increase balance, endurance and joint awareness
- Increase both core, abdominal and upper body strength for greater control of gait aids
- Improve general fitness and weight control



With all major musculoskeletal surgery, a large degree of commitment is required by yourself in the process. To maximize outcome and to achieve your goals, a concerted approach to prehabilitation provides the best launching pad to a successful recovery.

At HPC, our physiotherapists will endeavour to make it easier for you to achieve your goals. These goals will be life changing.



Who is it for??

Anyone considering or scheduling orthopaedic surgery. Including Joint replacements, reconstructions or shoulder repairs.

When should I start??

Commencement of the exercise program at least 6 weeks prior to admission will produce the greatest benefits. However the program can be engaged at any time in the lead up to surgery with noticeable positive effect.



How do I do it??

By calling HPC to make an appointment with one of our physiotherapists. They will talk to you about your surgery, your symptoms and your goals. Then an exercise program will be devised for you to complete in our gym, under physio supervision, once or twice per week until your surgery date.

Patient Prehabilitation Testimonials

'Having had two knee replacements, I can highly recommend HPC's pre and post-op physio exercises. My muscles were considerably strengthened prior to the operations leading to recovery periods which were easy to cope with. The exercises also gave me confidence that I was as prepared as possible.'

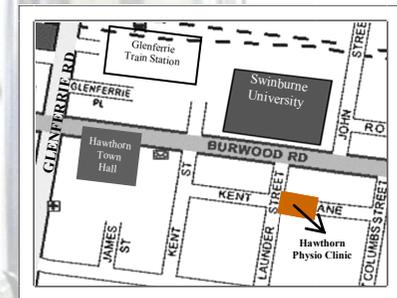
Mrs C (Mr. Wilson's patient)

'I found physio pre knee replacement not only strengthened my knee, but mentally prepared me for the operation. Post-op physio has kept my motivation strong to strengthen, bend and straighten my knee, and has given me confidence to get back to my everyday activities.'

Mrs J (Mr Morris' patient)

'My first hip resurfacing took me 5 months to recover. This time, after 3 months I'm already way ahead thanks to my active prehabilitation up to the day of surgery. In hospital I confidently started my exercises with HPC's physios straight away. I'm now continuing my rehab in the HPC gym, back at work and loving life thanks to the guidance and support of my physios!'

Mr E. (Mr. Crowe's patient)



1 Launder St, Hawthorn 3122

Off Burwood Road,
Opposite Swinburne University

Phone: 9819 2827

Fax: 9819 4471

Email: hawthornphysio@unite.com.au

Nearest Train station: Glenferrie station is a 5minute walk
Free parking is provided at the rear of the clinic, off Launder St

Why HPC???

Because we are a **One Stop Shop for Total Patient Care**

1. Experience:

The physiotherapists at Hawthorn Physio Clinic all have extensive and specialized experience with pre and post-surgical orthopaedic patients through 25 years of association with Vimy House and Warringal Private Hospitals.

2. Familiarity:

You can also choose to continue your recovery with us at Hawthorn Physio Clinic after your surgery. From developing trust and rapport with our physios pre-operatively, we will have a better understanding of your lifestyle, body and goals which will aid your rehabilitation post-operatively.

3. Support:

Our prehabilitation program aims to reduce the anxiety and fear commonly associated with surgery. We will work with you and your surgeon as a team, to guide you through each step. We directly communicate with your surgeon, thus minimizing the risk of complications. HPC's gym is also a social place to chat and ask questions of patients who have been in your situation before, providing first hand reassurance.

4. Facility:

HPC has a comprehensive rehabilitation gym, specifically set up for the requirements of prehabilitation and rehabilitation. The equipment will be utilized to achieve specific goals aimed at conditioning, mobility, strength, fitness, weight reduction and balance, with the use of cutting edge technology. HPC also gives you options to continue your post-op rehab all the way through to pilates, personal training and massage, making us truly the ONE STOP SHOP for TOTAL PATIENT CARE.

Physiotherapist Profile

At HPC, all of our physiotherapists are specialized in orthopaedic surgical rehabilitation. We each spend a portion of our time consulting surgical patients at Vimy House Private Hospital in partnership with Melbourne's leading surgeons.

Each physio has extensive experience in the sports setting- from the Hawthorn Football club head physiotherapist, to associations with Xtreme Triathlon Club, VFL representative football, National and Premier League Soccer, and also with the circus. Our physios have also worked among the medical elite in the UK, and are trained as clinical pilates physiotherapists with Dance Medicine Australia.

Charlie Schall-Riaucour

B. Physio (Hons.)
B. App Sc (Phys Ed.)
Post Grad Dip (Exs for Rehab.)

Chris Ward

B. App Sci (Physio)

Richard Webber

B. App Sci (Physio)

Mark Fotheringham

B. Physio

Nicole Barnes

B. Physio

Qianer Chen

B. Physio (Hons.)



Hawthorn Physiotherapy Clinic Prehabilitation



Research and experience have shown that preparing yourself physically and mentally prior to major surgery not only improves your surgical outcome, but leads to a quicker return to function, while reducing pain and anxiety.

Your Surgeon and HPC understand these benefits and offer a comprehensive prehabilitation program specific to your needs.