

PTW

**Physical Therapy
& Wellness Institute**

P.R.E.P program

Preoperative Rehabilitation Exercise Program

Designed for individuals who want to achieve a successful outcome early after surgery, this affordable program is designed by a Physical Therapist with the goal of maximizing your abilities fast once surgery is complete. Our group of licensed Physical Therapists will perform simple standard tests on the initial consult, aimed to ensure your baseline is documented well before your surgery. Once completed, we will set you up on targeted exercises to strengthen and improve your performance before surgery, so once you get done surgery, you shorten your rehabilitation time.

Who:

For individuals who have been scheduled for surgery, but will not have it done for one month or more

What it includes:

Consultation with a licensed Physical Therapist, dictated note to the Surgeon. Phone call to the Surgeon if necessary to discuss the surgery.

Supervised exercise with our Physical Therapists and staff each and every visit

Note to the Physician once completing the P.R.E.P program.

What is the cost:

\$75.00 for 30 days

Montgomeryville
Behind Costco
800 Upper St Road
215 855 1160

Lansdale
Off Whites Rd
730 S. Broad St
215 855 9871

Quakertown
Next to Best Western
1440 W. Broad St
215 538 9911