

# **Our Services**

## **Surgery Pre-hab and Recovery**

Patients often think that after they have surgery, everything will be 100% back to normal. Surgery is really only the beginning, the other 50% is how you re-hab after the surgery. Studies show that patients who go to PT for pre-hab prior to surgery recover faster and have better outcomes (they can usually resume their normal activities sooner than those who don't). The better shape you're in before surgery, the better you will be after!