



# PRE-HAB: Strength & Conditioning Program

Roseville Health & Wellness Center's PRE-HAB program was designed specifically for knee and hip replacement patients. The four to eight week program includes aquatic and land based strength training, aerobic conditioning and flexibility exercises designed to prepare the body (and the mind) for the joint replacement procedure.

Patient Name \_\_\_\_\_ DOB \_\_\_\_\_

Phone \_\_\_\_\_ Surgery Date \_\_\_\_\_

Physicians Name \_\_\_\_\_

Involved Body Part(s)	Procedures	Referral Instructions
<input type="checkbox"/> Hip <input type="checkbox"/> Knee	<input type="checkbox"/> Warm Water Exercise <input type="checkbox"/> Recumbent Bike <input type="checkbox"/> NUSTEP <input type="checkbox"/> Elliptical <input type="checkbox"/> HEP/Stretching	Frequency: _____ Duration: _____

Studies have proven that patients who undergo successful PRE-HAB demonstrate a greater percentage of strength gain, decreased pain, shorter recovery times, less dependence on caregivers and more rapid return to regular activities.

*Please fax completed form to (916) 677-1204.*