



Joint Replacement Academy

Roseville Health & Wellness Center's Joint Replacement Academy was designed specifically for knee and hip replacement patients. The monthly program includes aquatic and land based strength training, aerobic conditioning and flexibility exercises designed to prepare the body (and the mind) for joint replacement procedure.

Patient Name	DOB
Phone	Date of Surgery
Physician Name	

Involved Body Part(s)	Recommendations	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"/> Flexibility <input type="checkbox"/> Strength Training	Frequency: _____ Duration: _____

Studies have proven that patients who undergo successful Joint Replacement 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.