



“Why Pre-Surgery Exercises?” Why Join a Pre-Surgery Exercise Program?

**Before your hip or knee surgery,
preparing your body is key to a
successful outcome.**

- ✓ IMPROVES JOINT STRENGTH AND FLEXIBILITY
- ✓ REDUCES POST-OP PAIN AND COMPLICATIONS
- ✓ BOOSTS CONFIDENCE AND INDEPENDENCE
- ✓ HELPS YOU RECOVER FASTER AND SAFER

**"Patients who participate in prehab
experience better outcomes post-surgery."**



Ask your GP or orthopedic surgeon for a referral

CONTACT US

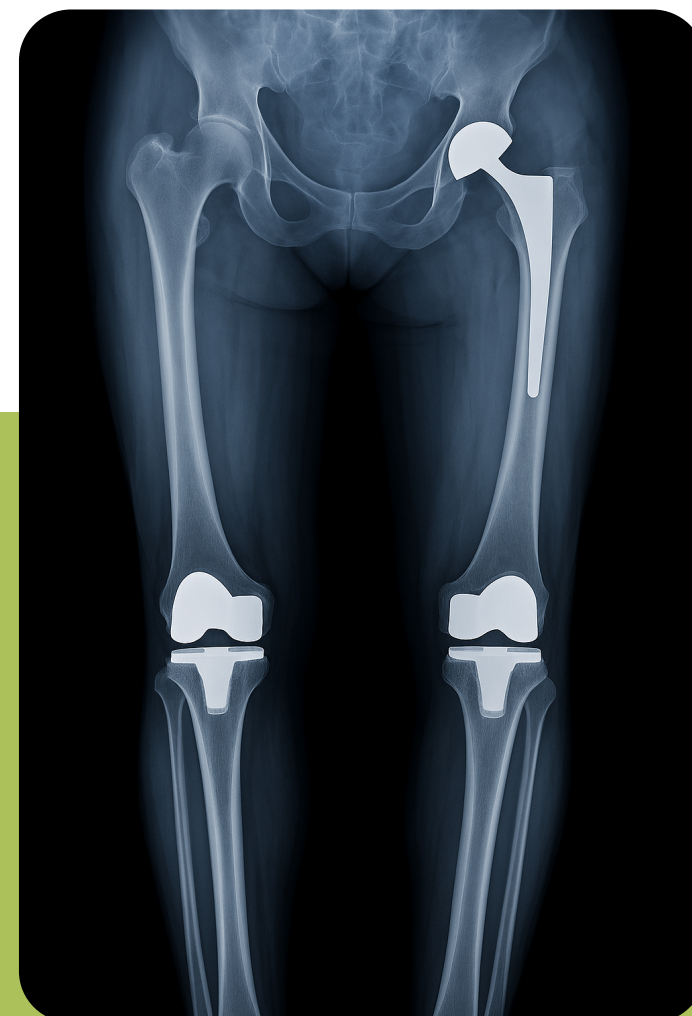
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**148-150 Percy Street
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PRE-SURGERY HIP & KNEE PHYSIOTHERAPY GROUP EXERCISE PROGRAM

Strengthen. Prepare. Recover Better.



WWW.ACTIVEHEALTHPORTLAND.COM.AU

“PROGRAM DETAILS” WHO IS IT FOR?

Patients scheduled for hip or knee replacement surgery

Referred by a physiotherapist, orthopedic surgeon, or GP

Program Includes:

- 👥 Group-based sessions with expert physios
- 🧑🏻‍🦱 Stretching and flexibility routines
- 💪 Strength training tailored for hips and knees
- 🚶 Gait and balance training
- 📖 Education on mobility aids, pain management, and home setup



BRIANAH CROWE
INJURY RECOVERY AND REHAB
SPECIALIST

she has specialized training in Persistent Pain Physiotherapy. Brianah is dedicated to women's health, aiming to increase awareness and accessibility to pelvic health care in collaboration with local GPs and midwives.



NIKKI SAGMIT
MOVEMENT & RECOVERY
THERAPIST

Bachelor of Physiotherapy obtained abroad. She brings extensive experience from working in residential aged care, community settings, and hospitals. Nikki specializes in pain management, sports-related injuries, corrective exercises, falls prevention, and geriatric rehabilitation.



“BENEFITS: SHORT & LONG TERM”

Short-Term Benefits

- ✓ Increased joint flexibility and strength
- ✓ Improved surgical readiness
- ✓ Lower anxiety and fear before surgery
- ✓ Reduced post-op hospital stay duration

Long-Term Benefits

- 🚶 Faster return to walking and independence
- 💪 Better surgical outcomes
- 🛡️ Reduced risk of complications (e.g., blood clots)
- 🦿 Improved prosthetic joint function
- 👏 Enhanced quality of life

Let's prepare together for a smoother, stronger recovery.