



PreHab Support Initiative

Our PreHab Support Initiative is a pre-surgical rehabilitation program designed to minimise the impact of muscle loss and joint stiffness while assisting patients to regain function and return to their daily life faster.

When it comes to successful surgery outcomes, 50% of this success is due to the surgeon and 50% is the result of a patient's commitment to recovery, starting with PreHab.

PreHab has many advantages, including:

- Familiarising patients with post-surgical equipment such as walking aids and crutches.
- Providing health advice to promote recovery.
- Early exposure to post-surgery exercises.
- Reducing the stress and apprehension on discharge associated with the unfamiliar.
- A reduction in the amount of rehabilitation required after surgery.
- An easier transition back to a functional and independent lifestyle.

The PreHab Support Initiative includes:

- Education, support and exercise to increase strength, improve range of motion and reduce inflammation to **significantly improve recovery**.
- **Engagement** with the treating doctor and specialist prior to surgery to align approach, including exercise prescription and grading and medical case conferencing if or as required.
- Psychosocial **education** to limit potential for secondary overlay to impact return to work.
- Employee **assessment** at the home.
- Four to six weeks of intervention, with frequency **tailored** to each employee's needs.
- Biological/physiological education to limit potential for pain, dysfunction or fear avoidance with upgrading capacity, **return to work** and graded exposure to everyday activities.
- Nutrition and diet **advice** to minimise load on joints and enhance recovery.
- Functional education for the **safe, sustained performance** of activities of daily living.
- Encouraging family support through appointing a **recovery coach** to assist with the PreHab and recovery process.
- Access to **online education and training** through Physiapp.
- **Progression** to our Recovery and Wellness Initiative (RAWI) post-surgery in collaboration with surgery protocol.

The Evidence

New England Baptist Hospital and Harvard Medical School researchers found knee and hip replacement surgery patients who participated in strength training for six weeks prior to surgery reduced their odds of needing inpatient rehabilitation by 73%.

These patients also found their level of function improved and their pain stabilised prior to surgery. In contrast, those who did not exercise, experienced worsening symptoms prior to surgery and a longer recovery period.

Research shows patients with increased fitness and strength prior to surgery experience reduced hospital stays, attend less outpatient rehabilitation sessions, enjoy increased independence and reduced reliance on physical therapists and return more quickly to function and independence.

Who May Benefit from PreHab?

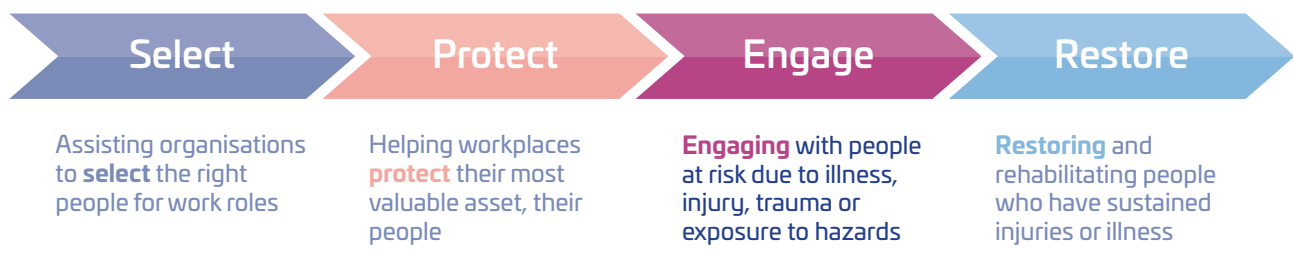
Employees requiring surgery benefit greatly from PreHab. The ideal timeframe for assessment is four to six weeks prior to surgery. PreHab programs are designed for up to a three month period. Employees awaiting arthroscopy, joint replacement, spinal fusion, discectomy or soft tissue repair surgeries would benefit from the PreHab support initiative.

Assessment Protocol

We have developed a protocol to assess the impact of PreHab via validated assessments and outcome measures. Assessments administered during the initial assessment and on conclusion of the service include:

- The ACL Quality of Life Questionnaire
- The OMPQ assessment of psychosocial functioning
- The Patient Specific Functional Scale to assess function

The duration of rehabilitation post-surgery and the duration to achieve some form of work capacity post-surgery are also measured.



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