

# P.R.E.P Program

## Preoperative Rehabilitation Exercise Program

### *Includes:*

- ✓ Consultation with a licensed Physical Therapist
- ✓ Dictated Note to the Surgeon
- ✓ Phone call to the surgeon if necessary to discuss surgery
- ✓ Education on proper technique of all exercises
- ✓ Supervised exercise with our Physical Therapists and staff every visit
- ✓ Note to the Surgeon once completing the P.R.E.P Program
- ✓ One time fee for 30 days

### **Use of the facilities:**

Cardiovascular equipment  
Plate loaded equipment  
Pin selectorized equipment  
Cybex, Magnum, Body Guard equipment  
Deep water pool available  
(Lansdale location only)

Plus: Physical Therapist always available to answer questions

Payment options (Visa, MasterCard, Bank Debit accepted for monthly electronic debit)

**Created for** individuals who want to achieve a successful outcome early after surgery. This affordable program is designed by a Physical Therapist with the goal of maximizing your abilities fast once surgery is complete. Our group of licensed Physical Therapists will perform simple standard tests on the initial consult, aimed to ensure your baseline is documented well before your surgery. Once completed, we will set you up on targeted exercises to strengthen and improve your performance before surgery, so once you get done surgery, you shorten your rehabilitation time!

## **Payment**

**\$75.00 for 30 days unlimited visits!!!**



"Bodies Under Repair"™

### **Seven convenient locations Monday – Saturday**

Open 6 AM-8 PM Lansdale: 730 S. Broad Street \* Montgomeryville: 800 Upper State Road  
West Norriton: 2456 West Main Street \* Quakertown: 1440 W. Broad Street  
Glenside: 2285 Cross Road \* Harleysville: 706 Main Street \* Souderton 594 E Broad St.  
(215) 855-9871