THE PERFORMANCE EDIT

FROM THE GROUND UP **THE FOOT COMPANY X SOLEVO PHYSIO**

PHYSIOTHERAPY *BEFORE VS AFTER* JOINT REPLACEMENT.

Why rehabilitation doesn't have to start on surgery day.





Many people assume physiotherapy only begins once they've had their knee or hip replacement. But rehabilitation can actually start well before you go into hospital, helping you prepare for surgery and giving you a head start on recovery.

Before surgery, the focus is on maintaining strength, mobility and general fitness, while preparing your body for the demands of rehabilitation.

After surgery, the focus shifts towards restoring movement, rebuilding strength and improving walking ability and confidence. From there, rehabilitation gradually progresses towards the activities and lifestyle you want to return to.

Think of it as a two-part process: preparing your body for what's ahead, then rebuilding your strength and function to get back to doing what you love.







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solevo PHYSIOTHERAPY

WHAT DOES PHYSIO LOOK LIKE?

- **Before Surgery: Build Your Foundation –** Maintain strength, mobility and general fitness within your symptoms and surgical advice.
- **Before Surgery: Know What to Expect** – Learn exercises, movement strategies and what to expect during the early stages of rehabilitation.
- **After Surgery: Rebuild Strength & Movement** – Restore mobility, improve strength and gradually regain confidence in everyday movements.
- **After Surgery: Return to Your Goals** – Progress towards the activities that matter to you, whether that's walking, golf, the gym, travel or sport.

WHEN YOU SHOULD SEEK HELP?

Whether you're preparing for surgery or already recovering, physiotherapy can help you navigate each stage. Before surgery, consider seeing a physio if pain is limiting your activity or you're unsure how to prepare. After surgery, seek guidance for your rehab to regain strength, mobility and get back to activiites you love.

Preparing or recovering from surgery? We can help guide you through each stage with a rehabilitation plan tailored to your needs and individual goals.