THE PERFORMANCE EDIT

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

PREPARING FOR *SURGERY?* WHAT YOU SHOULD BE DOING.

How pre-surgery physiotherapy can help build strength, improve mobility and set you up for recovery.





If you're preparing for surgery, it's natural to focus on the procedure itself. But what you do before surgery can also play an important role in your recovery.

Going into surgery as strong and active as possible can give you a better starting point for rehabilitation. Pre-surgery physiotherapy can help you maintain strength, improve mobility and prepare for the exercises and challenges you'll face during recovery.

Your physio can also identify areas that may need extra attention, assess your current strength and movement, and help you understand what rehab will look like after surgery. Research suggests that improving your physical capacity beforehand can contribute to better post-operative outcomes. Even a few weeks of preparation can be valuable, so it's worth considering physiotherapy as soon as surgery becomes a possibility.







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HOW TO PREPARE FOR SURGERY

- **Keep Moving:** Stay as active as your symptoms allow. Even gentle movement can help maintain your fitness and mobility.
- **Maintain Your Strength:** Focus on strengthening the muscles around the affected area, as well as maintaining overall body strength.
- **Understand Your Recovery:** Knowing what to expect after surgery can help you feel more confident and prepared for the rehabilitation process.
- **Prepare for Recovery:** Understanding what to expect after surgery, planning ahead and knowing which exercises you'll need to complete can help make the transition into rehabilitation feel less daunting.

WHEN YOU SHOULD SEEK HELP?

Consider seeing a physio before surgery if pain has reduced your activity, you've lost strength, you're unsure what exercises are safe, or you'd like to be better prepared for rehabilitation.

Having surgery coming up? We can help you prepare your body and understand what to expect from your rehabilitation.