

# START STRONG STAY STRONG

INTENSIVE PATIENT FOCUSED REHABILITATION  
FOR TOTAL JOINT REPLACEMENT

For those who like to take a proactive approach to life, this program works to prepare patients for total joint replacement prior to operation and enables a more aggressive and rapid rehabilitation after surgery.

## PROGRAM GOALS:

- Increases joint flexibility problems
- Increases total leg strength
- Controls swelling in the leg
- Increases walking speed and endurance

## PROGRAM INCLUDES:

- Pre-operative rehabilitation to address limitations using aquatics and land-based exercises two-four weeks prior to surgery.
- Pre-operative education class to prepare you for the surgery, recovery and rehabilitation.
- In-home assessment completed by Neighborhood Health Agencies, Inc. (NHA).
- Five days of intensive daily in-home therapy by NHA followed by two to three weekly visits.
- Five days of intensive outpatient physical therapy at The Center for Physical Rehabilitation and Sports Medicine followed by two to three weekly visits until discharged to self-care.

For more information or to find out if you are an appropriate candidate for this program, call 610-738-2480.



**Penn Medicine**

**Chester County Hospital**

**The Center for Physical Rehabilitation and Sports Medicine**  
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