



Get in Shape for Joint & Spine Surgery & Recovery with Our Prehab Program

A 2023 study published by the National Institutes of Health found that pre-habilitation (prehab) for joint and spine surgery helped people prepare for their procedure and often led to a smoother, faster recovery. In keeping with the latest research, Community Memorial Healthcare has created a stretching and strengthening prehab exercise program to help prepare our patients for joint and spine surgery and recovery.

What is Prehab?

Prehab refers to a prescribed program of specific exercises to do regularly in preparation for your procedure. These exercises have been approved by our physical and occupational therapy team. Prehab has several important benefits:

- Improving your strength, flexibility, and functional ability
- Preparing your body for the challenges associated with your surgery
- Facilitating a smoother and more rapid recovery
- Strengthening your upper body so you can easily operate a walker after surgery
- Familiarizing you with exercises you will be asked to do during rehabilitation

The Community Memorial Prehab Program

For your comfort and convenience, we invite you to do your pre-hab workouts at our Community Memorial Wellness & Fitness Center. A staff member will be available to support you and answer questions. In addition to using the open gym, feel free to participate in our group exercise classes.



Is There a Fee?

The program cost is \$20, plus a one-time \$10 fee for an access fob. Community Memorial subsidizes the remaining program costs. If you would like to extend your membership after your surgery, you can do so at a reduced rate — a special offer just for elective joint replacement and spine surgery patients at Community Memorial.

How Do I Get Started?

We encourage you to begin prehab as early as eight weeks before your scheduled surgery. Your doctor will give you a letter to present to the Wellness & Fitness Center front desk staff. They will give you our list of recommended prehab exercises.

[see back](#)

Community Memorial Healthcare

147 North Brent Street ~ Ventura, CA 93003 | 805-948-2874

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How Often Should I Do the Exercises?

We recommend performing these exercises at least 3 – 4 days a week for 30 – 60 minutes each day, to the best of your ability. Feel free to break up your exercise routine in a way that works best for you. Try doing some exercises in the morning and others in the afternoon or perform different groups of exercises on different days. Remember, putting the work in before surgery will make your recovery easier.

Important Advice

The optimum therapy setting for you is a decision for you and your surgeon. They may recommend alterations to the basic routine. If you experience any discomfort or dizziness, or feel like you might pass out, stop exercising and contact your physician as soon as possible.

Exercise should not cause excessive pain or discomfort. If you feel discomfort, stop, and adjust the movement so the exercise is more comfortable for you. Listen to your body and try to perform these exercises to the best of your ability.

More Questions? Contact our Orthopedic Nurse Navigator, 805-948-2874.



Community Memorial Wellness & Fitness Center

2723 East Main Street
Ventura, CA 93003

805-948-5064

Hours

Monday – Friday: 5:00 am – 9:00 pm
Saturday – Sunday: 7:00 am – 4:00 pm