

Pre-Op Joint Replacement Exercise Program



The **Pre-Op Joint Replacement Exercise Program** is a 6-week strength training course designed to prepare patients scheduled for joint replacement surgery.

It is designed to *reinforce the supporting muscles of the joint and increase upper body strength* in order to expedite rehabilitation and recovery. Our goal at the Human Motion Institute is to return you to full mobility, allowing you to enjoy the activities you used to love. Now, without pain.

Participants receive:

- A customized pre-surgery exercise plan designed by S&T Wellness Center fitness specialists
- An individualized 30-minute training session each week
- Full use of the S&T Wellness Center.

The cost of the program is \$60

INDIANA
REGIONAL MEDICAL CENTER

For more information about this program, please contact Amanda Augustine, Exercise Physiologist at (724) 357-8088.

S&T Wellness Center

2010 Shelley Drive | Indiana, PA 15701 | (724) 357-8088

The S&T Wellness Center,
is committed to providing a safe,
effective and friendly environment
for adults to exercise.

The professional staff, trained in exercise prescription, monitors each member to achieve maximum results with few risks of aggravating health or physical conditions.

The S&T Wellness Center offers
cardiovascular and strength training
equipment and exercises.



**For more information, contact the
Institute for Healthy Living at
(724) 357-8088.**