



What is PreHab?

Out-patient rehabilitation at Frazee Care Center is the start of your journey back to joint health!

By conditioning your body with therapy before it undergoes physical stress such as a joint replacement surgery, you will achieve greater success in your recovery.

The better condition you are in before your procedure, the easier your recovery will be.



In Partnership with Pro Rehab



At Frazee Care Center the care and service we provide is guided by five core values: hospitality, stewardship, integrity, respect and humor, resulting in a vibrant care community focused on the dignity, rights and individual capacity of each person.

We look forward to visiting with you!



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Pre-surgery rehabilitation





Pre-Surgery rehabilitation

Make the most of your upcoming orthopedic joint surgery with targeted rehabilitation BEFORE the procedure. PreHab will help you be better prepared in strength, range of motion, balance, mobility and flexibility.

Other Benefits of PreHab:

- Shortened hospital stay
- Decreased pain
- Reduced inflammatory conditions
- Return to independence faster
- Better knowledge of your surgery and recovery

How many sessions will I need?

4 - 6 weeks of visits are recommended.

What kind of surgery can benefit from PreHab?

Shoulder	Knee	Elbow
Back	Hip	Ankle
Neck	Wrist	Foot

What is included?

Initial evaluation, exercise plan and instruction on adaptive equipment you may need during your recovery.

Will my insurance cover the cost?

With a doctor's orders, Medicare Band insurance may cover a specified number of visits. We will verify this for you before treatment is started. If insurance does not cover multiple sessions, we can offer an evaluation at a reasonable cost and design a program that can be done independently.

You +
Pre-surgery preparation +
A great surgeon = SUCCESS!



www.frazeecarecenter.com

Have the tools you need before surgery so you can get back to LIFE.