

At UP Rehab Services we take pride that we have been providing physical therapy, occupational therapy, speech therapy, hand therapy and athletic training with one on one care since 2005. It is our goal to provide superior quality therapy on each and every visit to exceed your expectations. Satisfaction customer surveys rate us at exceeding expectations 98% of the time.

Services we provide: Aquatic therapy, fall prevention, sports/orthopedic rehab, spine rehab (neck and back), chronic pain rehab, oncology rehab, bariatric rehab, neuro-vestibular rehab, women's health/pre and post-partum therapy, hand therapy, lymphedema, post-operative therapy and pediatric rehab.

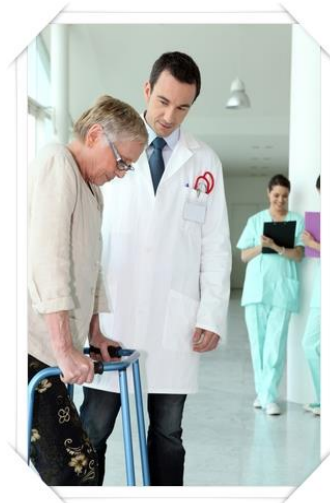
WE GET YOU BETTER

Please go to our website uprehab.com to request an appointment at a facility nearest you.

The Role of Exercise before Surgery

While many are familiar with post-surgical rehabilitation, the concept of pre-surgical rehabilitation - often referred to as prehab is gaining increasing recognition for its positive impact on recovery.

Before undergoing surgery, there is often a waiting period, which presents an opportunity to prepare your body for the procedure. This preparation can enhance the overall recovery process. When your muscles, joints, and bones are in optimal condition before surgery, the effects of muscle loss and joint stiffness after the procedure are significantly reduced. In essence, the stronger and healthier you are going into surgery, the easier and faster your recovery is likely to be.



Benefits of Prehabilitation

Physical therapy before surgery aids the body in ways ranging from quicker recoveries to better pain management. Pre-surgical physical therapy can help with:

- Better overall health for quicker recovery
- Improved pain management
- Better response to rehabilitation
- Minimize risk of complications after surgery
- Mitigate the risk of re-injury
- Instruction in mobility aids before they're actually needed

REFER A FRIEND

UP Rehab Services

Email address:
info@uprehab.com

Website:
uprehab.com

We provide free injury screens at all locations.

Outpatient Therapy Locations:

Marquette, Baraga, Alger, Delta and Dickinson County

Follow Us



Pre-surgery physical therapy provides patients with an opportunity to become familiar with the equipment, mobility aids and types of rehabilitation methods that will be utilized after their surgery is performed. It's much easier for patients to focus on the things they'll need to know prior to surgery instead of immediately after when they may be feeling overwhelmed.

endurance and resilience for their rehabilitation program.

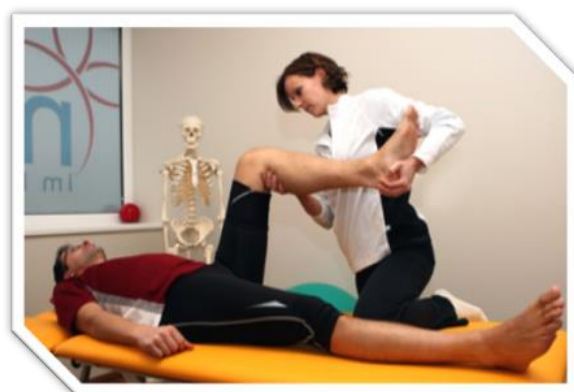
Exercise is a key component in rehabilitation and pre-surgical physical therapy provides the means to build the strength needed in specific locations of the body to accommodate crutches or a wheelchair. It's especially beneficial for those who have to relearn how to move normally again after their surgery. Patients who have pre-surgical physical therapy have greater stamina,

Physical Therapy and Prehab

A consultation with your physical therapist will involve an evaluation to determine:

- Muscle and joint strength
- Ability to move and perform day-to-day tasks (climbing stairs, getting in and out of bed)
- Degree of assistance required from friends and family members

By working with a physical therapist prior to surgery and creating a pre-surgery rehabilitation plan, you will create a strong foundation for rapid recovery. Similar to the post-surgical collaboration, you can expect your physical therapist to work closely with your doctors to facilitate recovery even before you have surgery.



Physical therapist will help you familiarize yourself with walking aides and other supportive devices like crutches, walkers, or canes should they be needed. You will discover the importance of breathing, proper techniques and range of motion of important exercises that you'll be doing after the surgery. This will reduce the stress and apprehension associated with discharge and facilitate independence. As your physical therapists, we are committed to keeping you as healthy as possible. If you or someone you know is considering surgery, schedule a consultation with us. Prehab is a great way to speed up rehab and we are here to help you every step of the way.

Please visit our website at Uprehab.com to find a location nearest you.

Please let
others know
about us!