

# Services

## Pre and Post Surgery

A number of studies published in peer-reviewed scientific journals have shown the benefit to patients of engaging in physical therapy services both prior to and after surgery. If you are having a joint replacement, for example, knowing what to expect and how your body will react in advance, helps you to prepare a program for a faster recovery. Afterward, we will work with you to reduce inflammation and pain and restore your range of motion as quickly as possible so you can return to active living.