United Lincolnshire Teaching Hospitals NHS Trust

Joint Replacement Prehab Clinic

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Preparing for Your Joint Replacement Surgery

Access the Prehab Website First

Your first step towards a successful recovery starts here.

Now that you and your consultant have agreed that a joint replacement is the right option for you, we encourage you to access our online Prehab resource as soon as possible.

The website contains essential information about:

- Preparing for surgery
- Exercises to improve your strength and mobility
- What to expect during your hospital stay
- Pain management and recovery
- Preparing your home for discharge
- How Physiotherapy and Occupational Therapy will support you

You will also be invited to attend a **face-to-face Prehab Clinic** at one of our hospital sites:

- Grantham Hospital
- Lincoln County Hospital
- Pilgrim Hospital, Boston

The Prehab Clinic builds on the information available on the website and gives you the opportunity to meet members of the Physiotherapy and Occupational Therapy teams.

Access the Prehab Website

Please review the website before attending your Prehab Clinic. It contains important information that will help you prepare for surgery and get the most from your appointment.

www.ulh.nhs.uk/services/physiotherapy



Scan the QR code using your smartphone camera

1. Open your phone camera
2. Point it at the QR code
3. Tap the link that appears
4. Read the information and watch the videos
5. Start the exercises as soon as possible

Contact details

Therapy department, Grantham Hospital, Manthorpe Road, Grantham, Lincolnshire NG31 8DG. **Telephone: 01476 464253**

Therapy department, Pilgrim Hospital Boston, Sibsey Road, Boston, Lincolnshire PE21 9QS. **Telephone: 01205 446412**

Therapy department, Lincoln County Hospital, Greetwell Road, Lincoln, Lincolnshire LN2 5QY. **Telephone: 01522 573945**

If you would like to make comments regarding the above patient information, please contact us on the following address:

Physiotherapy Department, Grantham and District Hospital, 101 Manthorpe Road, Grantham, Lincolnshire, NG31 8DG

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If you require this information in another language or alternative format, please email the Patient Information team at ulth.patient.information@nhs.net