

## Who Else Might Be There?

Most clients attending the group have had a recent total knee or hip replacement, and are at various stages of recovery. Some may be nearing discharge, whilst others may have had surgery more recently. Other clients may have had surgery after sustaining a fracture.

If you would like a relative or carer to attend whilst you participate in the group, this is encouraged.



## How to Get Involved

If you are interested, please discuss this group with your Physio, who will help you determine whether the group may be suitable for you.

Prior to starting the group, a pre-assessment will be conducted. This is completed in an individual appointment with your Physio.

### FOR MORE INFORMATION CONTACT:

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## Ortho Group

Post-Orthopaedic Surgery Exercise Group

## What is Ortho Group?

'Ortho Group', short for orthopaedic group, is an exercise class designed for patients who have recently had orthopaedic surgery. This typically includes total knee and hip replacement patients, but can sometimes include clients that have had other surgeries.

It is provided through the Community Rehabilitation Centre, and is run by a Physiotherapist (Physio) and an Allied Health Assistant (AHA).

The group is designed to maximise therapy time to increase physical independence and assist recovery following your surgery.

The group also provides clients with regular opportunities to discuss any rehabilitation concerns with their physiotherapist.

## What is Involved?

- Each 50 minute session includes a combination of individual and group exercises, completed at your own pace.
- The group is supervised by a Physio and AHA which allows participants the opportunity to gain advice about how to progress your function and independence.
- The Physio and AHA will initially take you through a range of exercises, increasing your independence with these over time.
- Your exercises will change as you progress and recover, in conjunction with your Physio's advice.
- On average, most clients attend for 6 weeks. This is at the discretion of the treating Physio; you may require longer or shorter depending on your progress.

## What Does It Cost?

The group is provided free of charge to assist with your rehabilitation. However, there is a \$10 charge associated with your pre and post assessments.

## When Is It Held?

The group runs twice weekly at 11:30am-12:30pm on Mondays and Fridays.

## What should I bring/wear?

You should wear comfortable clothing and footwear safe for exercise, and bring a water bottle.

