

P|REHAB

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Program Description

This course introduces the concepts of pre-rehabilitation (“Prehab”) and the benefits of administering rehabilitation strategies not only pre-surgically, but pre-injury (e.g., conditioning, prophylactic therapies).

Program Agenda

- Introduce basic concepts and the value of Prehab
- Introduce Prehab diagnostic and monitoring strategies
- Introduce Prehab treatment strategies

Learning Objectives

1. Understand prehab and the benefits it holds for patients
2. Learn diagnostic strategies for determining from what treatment modalities, patients may benefit