



Physical Therapy Postoperative Program

Purpose

To provide individuals the opportunity to continue their wellness journey after physical therapy has ended. An individually tailored program will be created by their physical therapist to address their personal goals.

Participants

Postoperative patients who have finished formal physical therapy with Froedtert & the Medical College of Wisconsin physical therapists, or outside agencies, in collaboration with surgeons and Jewish Community Center personal trainers.

Offerings

- Entry evaluation with your physical therapist for program development
- Guided exercise sessions (45-minutes) with a personal trainer one time per week for six weeks utilizing the program developed by your physical therapist
- One progress check in with your physical therapist for any modifications needed; conducted during the third week of the program
- Final session with your physical therapist at week six

Benefits

- Ability to continue a strength-based program to further functional mobility
- Reduce risk for future falls and injury

Per the World Health Organization (WHO):

- Regular cardiovascular exercise has shown to improve cardiovascular fitness and reduce heart disease
- Regular exercise has shown to decrease risk for anxiety and depression
- 2021 exercise guidelines for adults, age 65 and older: regular exercise has been proven to reduce fat mass, adverse events, mortality, cognitive changes, incidence of cardiovascular disease, type 2 diabetes and incidence of falls
- 2021 exercise guidelines for ages 5-64: regular exercise results in decreased incidence of cardiovascular disease, cancer, incidence of type 2 diabetes, reduced fat mass and improved cognitive outcomes

Where

Jewish Community Center (JCC), 6255 N. Santa Monica Blvd.
Whitefish Bay, WI 53217 (Peck Aquatic Center Entrance)

Cost

Flat rate fee, pricing scaled for JCC member/nonmember

Contact:

Froedtert & MCW Rehabilitation Clinic in the Jewish
Community Center

6255 N. Santa Monica Blvd.

Whitefish Bay, WI 53217

414-967-8350

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Physical Therapy Preoperative Program

Purpose

A specifically tailored exercise program emphasizing mobility and strength in order to maximize function while individuals await surgery. This will help provide an improved physical status prior to surgery to ease the post-rehabilitation process.

Participants

Preoperative patients awaiting total knee, total hip, ACL reconstruction, shoulder or other orthopaedic surgeries

Offerings

- Entry evaluation into the program with your physical therapist
- Guided exercise sessions (45-minutes) with a personal trainer once a week for three weeks performing the program developed by your physical therapist
- Final assessment with your physical therapist at week three

Benefits

Individuals who maintain good mobility and strength prior to surgery generally have an easier time with the rehabilitation process following surgery. This may include decreased pain levels, improved mobility and quicker recoveries.

Where

Jewish Community Center (Peck Aquatic Center Entrance)
6255 N. Santa Monica Blvd.
Whitefish Bay, WI 53217

Cost

Flat rate fee, pricing scaled for JCC member/nonmember

Contact:

Froedtert & MCW Rehabilitation Clinic in the Jewish
Community Center
6255 N. Santa Monica Blvd.
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