Planning for Surgery?

Know more.

Choose better.







Many people know how to plan for a surgery. You talk to your doctor, research hospitals, learn about the procedure, and do all of your homework and planning to prepare.

BUT WHAT ABOUT RECOVERY?

It's super important — choosing the right care is essential to making a full recovery (and staying out of the doctor's office, too). Here are the best first steps to take when planning for your post-surgery recovery.

Start here.

Learn your options

As soon as you know you will need surgery, it's time to start considering your options for recovery.

The first thing to realize is that you have a choice!

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Talk to your doctor

Your doctor is the perfect place to start. Make sure you discuss your best post-surgery recovery options with your physician.

(3)

Get some good opinions

Talk to your friends, and family. Chances are someone you know has needed post-surgery care. See which centers they recommend.

4

Know what's covered



what it doesn't.

(6) Make vour Ask all the decision

(5)

questions

you can

When you're exploring

your options, ask lots

of auestions!

Visit LifeWorksRehab.com

to download a checklist

of questions to ask, and

call one of our centers to

speak with an expert.



With all of the information from your research in hand, it's time to sit back and think it all over. Look at all the options and make the choice that's best for your needs.



Preregister



Once you've decided on

With the plan you've put in place, you'll be able to focus 100% on your recovery after surgery. It's the best way to get back home healthy, strong, fully recovered and FAST!

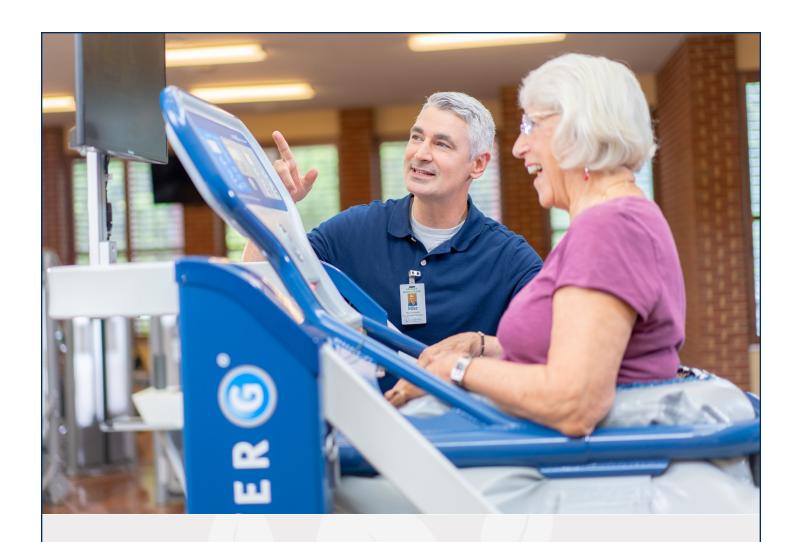
a center, let them know! They'll make sure your paperwork is all in order and everything is in place and ready for you after your surgery.

8

Go time!



Your Post-Surgery Recovery Planning Timeline



The LifeWorks Rehab Difference

Clinically developed to get you home faster, stronger, and healthier than ever



7-daysa-week therapy



Clinically proven therapy programs



Back home fast, strong & healthy



Unique recovery tools



Worldclass disinfecting

Learn more about LifeWorks Rehab at

LifeWorksRehab.com