

## Pre- and Post Surgical Information

Sheridan Physical Therapy is happy to provide individuals with a FREE 15-30 min. pre-op appointment. This appointment is designed to allow patients to ask a therapist questions about what to expect immediately after surgery as well as what stretches and or exercises might be helpful prior to surgery.

This appt also allows us to schedule the post op evaluation as well as check out any items that may be needed for surgery.

We check out the following items:

- Cryo-cuff – knee, shoulder, ankle, elbow and wrist
- Crutches
- Walker
- Cane
- Raised Toilet Seat
- Shower Bench
- Shower Stool

These items should generally be checked out 1-2 days prior to surgery and can be checked out for up to two weeks post surgical.

Please give us a call today and set up your pre-surgical appointment.