

Prehab Class

Do you want to increase your Physical activity levels to prepare for your Total Hip or Total Knee Replacement?

Increasing physical activity and making healthy lifestyle changes before an operation has the potential to improve your surgical outcome. Our intention is to help you achieve a stronger, fitter and healthier future and enhance your quality of life.

Our NEW self-pay Prehab class is a group exercise circuit with each station designed to increase your movement, strength and fitness in preparation for surgery. Each exercise will be adapted to suit your individual level.

Fridays 14.00 - 15.00

The Horder Centre, Crowborough

Contact our Physiotherapy Bookings team on 01892 601466
or email hhbookings@nhs.net to book your place

This class is open to everyone,
NOT just those having surgery
with Horder Healthcare. If you
would like to attend, please
contact our bookings team