



# JOINT REPLACEMENT

Programming by Knute Nelson

# KN



## KNUTE NELSON

## PRE-HABILITATION

### **Total Hip & Knee Aqua Class** *Nelson Wellness Center at Grand Arbor*

Preparing for your hip or knee surgery with the proper exercise techniques allow you to recover more quickly. The Total Hip & Knee Aqua Class takes place in Grand Arbor's warm water pool (88-89 degrees) and is specially designed to increase your strength and flexibility prior to surgery.

## RECOVERY

### **Short-Term Rehabilitation** *Knute Nelson Care Center*

If you require a few days in the hospital and aren't quite ready to go home, the team at the Short-Term Rehab Center can help. During rehab you'll receive physical, occupational and/or speech therapy along with nursing care. The state-of-the-art tools and equipment in our therapy gym will help you regain the strength and mobility you need to return home as quickly as possible.

### **In-Home Therapy** *Knute Nelson Home Care*

Once you return home, the therapy team at Knute Nelson Home Care can help you rehabilitate safely in the comfort of your own home. Our team of nurses and therapists specialize in conducting home safety assessments and equipment recommendations that aid in restoring independence. Our team will implement a rehabilitation program unique to your personal goals.

### **Outpatient Therapy** *Grand Arbor by Knute Nelson*

The therapy team at the Outpatient Therapy Center can assist you in regaining your functional movement once you're able to leave home independently. Our facility includes private treatment rooms, strength/cardio equipment and a warm water pool.

## MAINTENANCE & PREVENTION

### **Total Hip & Knee Aqua Class** *Nelson Wellness Center at Grand Arbor*

Following therapy you can return to the Nelson Wellness Center's Total Hip & Knee Aqua class for continued strength, flexibility, range of motion and balance training. Therapeutic benefits of exercise in the warm water pool are abundant and will be enjoyed alongside other individuals who are also on their road to recovery.

Contact us to learn more about these programs:

[knutenelson.org](http://knutenelson.org) | 320.759.4613