

PRESURGICAL RESILIENCE OPTIMIZATION PROGRAMME

SINCE 2020, HUNDREDS OF ORTHOPAEDIC PATIENTS HAVE BENEFITED
FROM THIS AMAZING PROGRAM TO HELP THEM PREPARE FOR SURGERY.

99% OF PAST PARTICIPANTS WOULD RECOMMEND THIS PROGRAM TO OTHERS!

WHAT PARTICIPANTS HAVE SAID ABOUT THE PROGRAMME:

- “Truly a one of a kind program. Never had anything like this offered to me for past surgeries. Extremely beneficial. Learned new skills, feel more informed.”
- “I think the course helped me more than for only the surgery but for my own life in general.”
- “I’m very thankful I was able to participate in the course. I received many benefits from it.”
- “I highly recommend”

PROP IS:

- An 8 week programme, 1.5 hours per week
- Offered to patients having major orthopaedic surgery.
- Virtual Group Medical Visit on Zoom on Wednesdays, from 1:30-3:00
- Lead by Dr. Karen Johnsson, Family Medicine, and Dr. Sonja Mathes, Orthopaedic Surgeon

HOW DOES PROP BETTER PREPARE YOU FOR SURGERY?

PROP Gives patients knowledge and practical skills to:

- Optimize PAIN CONTROL
- Optimize MENTAL HEALTH
- Optimize NUTRITION
- Optimize Presurgical PHYSICAL ACTIVITY and REHABILITATION
- Optimize SOCIAL INTERACTIONS & SLEEP

PROP teaches life changing skills in MINDFULNESS, MINDFULNESS MEDITATION AND COGNITIVE BEHAVIOURAL THERAPY that help you make changes to better prepare for surgery all in a supportive group environment with other patients facing similar challenges.

ARE YOU INTERESTED IN PARTICIPATING IN PROP?

Ask your surgeon, surgeon’s assistant, Nurse Navigator, or Primary Care Provider to make a referral for a “PROP consultation” with Dr. Johnsson to discuss PROP and start the program.