

PRESURGICAL RESILIENCE OPTIMIZATION PROGRAMME

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<https://rebalancemd.com/victoria/medical/#prop-resources>

What is P.R.O.P.?



Resilience

PROP is an 8 week online group medical visit program offered to patients having joint replacement surgery to help them better prepare for surgery and increase their resilience.



Education

Patients learn how to optimize their presurgical:

- Physical Activity
- Nutrition
- Pain
- Social Supports
- Sleep



Meditation & CBT

Patients are taught evidence based skills in mindfulness meditation and cognitive behavioral therapy to help them optimize their health before surgery.



When & Where?

- Wednesday afternoons
- Sessions are 1.5 hours
- Course is 8 weeks
- Online - Zoom
- Computer or Tablet Required
- Group Medical Visit

Your Facilitators



PROP is facilitated by physicians: Dr. Karen Johnsson, Dr. Sonja Mathes



What Patients are saying:

"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"

REGISTER NOW!

- AS SOON AS YOU HAVE BEEN PLACED ON A SURGICAL WAITLIST
- CALL 250 940 4444 OR EMAIL PROP@REBALANCEMD.COM RIGHT AWAY TO GET INTO PROP
- MOST PATIENTS WILL HAVE A CONSULTATION WITH DR. JOHNSON PRIOR TO STARTING THE GROUP
- REGISTER SOON TO ENSURE YOU HAVE ENOUGH TIME TO FINISH THE PROGRAM BEFORE YOUR SURGERY