

ARE YOU PREPARED FOR SURGERY?

Quick Pre-Op Readiness Check

Tick the box that best describes you.

Questions	Yes	No	Not Sure
I understand what my surgery involves.	☐	☐	☐
I know what to expect during the first 6 weeks of recovery.	☐	☐	☐
I am currently doing exercises or activities to prepare for surgery.	☐	☐	☐
My pain is manageable on most days.	☐	☐	☐
I have spoken with a physiotherapist before surgery.	☐	☐	☐
I know what equipment I may need at home.	☐	☐	☐
I have support at home for the first few days after surgery.	☐	☐	☐

YOUR RESULTS

✓ Mostly YES

- You're in a strong position for surgery and recovery.

⚠ Mix of YES and NO

- There may be a few gaps worth addressing before surgery.

? Mostly NO or NOT SURE

- You could benefit from more guidance and preparation before your operation.

WHY PREPARE BEFORE SURGERY?

- ✓ Build strength before your operation
- ✓ Understand what recovery will involve
- ✓ Give yourself the best chance of a smooth recovery
- ✓ Reduce uncertainty and improve confidence

Need Help Preparing?

Book a **FREE 15-minute phone consultation** with the **PTC Physiotherapy team**.



(02) 7226 3616



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