



“If we had a pill that contained all the benefits of exercise, it would be the most widely prescribed drug in the world.”

—Ronald M. Davis, M.D., President, American Medical Association

ProEx Plus Schedule

MON	TUE	WED	THUR	FRIDAY
9:30-10am	9:30-10am	9:30-10am	9:30-10am	9:30-10am
10-10:30am	10-10:30am	10-10:30am	10-10:30am	10-10:30am
10:30-11am	10:30-11am	10:30-11am	10:30-11am	10:30-11am
11-11:30am	11-11:30am	11-11:30am	11-11:30am	11-11:30am
	4:30-5pm		4:30-5pm	
	5-5:30pm		5-5:30pm	
	5:30-6pm		5:30-6pm	

COST: ProEx Plus costs \$119, which includes your 90-day Wellness Center membership.

Call 564-5693 for more information.



Atención: si habla español, tiene a su disposición servicios lingüísticos gratuitos. Llame al 844-809-6648.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 844-809-6648 번으로 전화해 주십시오.

注意: 如果您讲中文普通话, 则将为您提供免费的语言辅助服务。请致电 844-809-6648。

ATTENTION: Language assistance services are available to you free of charge. Call 844-809-6648.

Sentara complies with applicable Federal Civil Rights Laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ProEx Plus

Progressive Exercise Plus for joint replacement surgery patients



Exercise is Medicine

 SENTARA®

Joint Services ProEx Plus

Progressive Exercise Plus (ProEx Plus) is an exercise program designed to help maximize the best possible outcomes for hip and knee surgery patients. Expert staff members from Sentara RMH Orthopedics and Sports Medicine, Therapy Services and the Wellness Center have designed a customized exercise program to best prepare you for surgery and to help you recover so you can get back to your everyday routine.



How Can ProEx Plus Help Me?

- Patients who exercise before surgery are more likely to be discharged directly home than those patients who did not exercise prior to surgery.
- Patients who exercise before surgery show increased muscle strength over patients not exercising before surgery.
- Patients that exercise before surgery are often quicker to walk at least 50 feet than those not exercising before surgery.
- Exercise can help boost energy, mood and your confidence and lead to a quicker recovery.

ProEx Plus Membership Benefits

As a ProEx Plus participant, you will receive the following:

- A 90 day Sentara RMH Wellness Center membership
- A physical therapy assessment (Sentara RMH Rehab Services)
- Individual exercise prescription
- Two 30 min sessions overseen by a fitness specialist each week (See the back of this brochure for current schedule.)
- Full facility access, including land & water group fitness classes
- Pre & Post fitness assessment

Cost: \$119

How to Get Started

Ask your healthcare provider if you are a candidate for this program. If you are, have him or her complete the information on the referral form in this brochure. Next, call (540) 564-5693 to start your ProEx Plus experience! to start your ProEx Plus experience!



Pro Ex Plus Healthcare Professional Referral Form

Patient Name _____

Patient Phone _____

Date of Birth _____

Healthcare Provider Name _____

Healthcare Provider Phone _____

Healthcare Provider Fax _____

Date of Surgery _____

Reason for Referral _____

Precautions/Special Conditions _____

The above patient is cleared for participation in the ProEx program with the above stated precautions.

Signature, Healthcare Provider _____

Date _____

Contact Info:

Sentara RMH Wellness Center
Phone: (540) 564-5693
Fax: (540) 434-0470

