

Bicep Tenodesis PreHab

Preparing patients to be strong physically and mentally before surgery

Program at a glance

PreHab definition

More than just physical therapy, PeerWell's PreHab is designed to cover not just the physical but also the logistics of surgery, as well as the anxiety and stress in the time heading up to surgery.

Our goals with comprehensive pre-op care

66 cards from the 5 PeerWell Pillars (Health Literacy, Pain & Wellness, Life Management, Nutrition, and Physical Therapy) created to cover the different worries and concerns before surgery.

Ideally given to patients before as early as possible before surgery to give them time to benefit from physical exercises and the health education, PreHab can be given any time before surgery. Even with 2 days until surgery, patients receive information about what to expect on their surgery day, what to bring to the hospital and what to expect from their ReHab program.

Details

Duration

Can be given up to 90 days before surgery with physical therapy activities and education each day.

Daily Assignment

2-4 cards daily. Always 1 card from bicep tenodesis physical therapy exercises.

Card count

66 cards

Health Literacy



8 cards focusing on habits to stop before surgery, questions to ask healthcare providers and basic explanations of pain medication side effects and acetaminophen.

Pain & Wellness



21 cards with 10-15 minute guided mindfulness audio. Features Oli Doyle and focuses on MBSR (mindfulness-based stress reduction) and MBCT for pain management, sleep, stress and emotional health. Not intended to replace pharma and psychological care, but has been proven successful in reducing the need.

Life Management



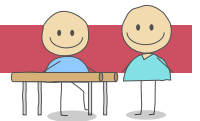
12 cards including what to bring on the day of surgery, preparing the home for recovery, healthcare directives like a living will and power of attorney, and what to expect when waking up from surgery.

Nutrition



17 nutrition cards focused on healthy weight and plant-based based eating to support whole body health. Features videos from Cyrus Khambatta, nutrition PhD who discusses recovery nutrients.

Physical Therapy



Mobility stretches start on Day 1 and alternate with stabilization & strengthening routines ending on Day 14, advanced stabilization & strengthening routine starts on 16.. Physical therapy videos from different Doctors of Physical Therapy including Craig Lindell, Michael Lau and Arash Maghsoodi. This is not intended to completely replace PT but to augment it by creating daily habits using industry standards of care.

Bicep Tenodesis ReHab

Helping patients with all aspects of recovery for better outcomes

Program at a glance

ReHab definition

With patients from the moment they login after surgery, the ReHab app talks patients through the journey home from the hospital, and focuses on health literacy tips to avoid complications and maximize post-op optimization. When ready, patients begin physical therapy and move into more general health ed.

Our goals with comprehensive post-op care

The 5 PeerWell Pillars (Health Literacy, Pain & Wellness, Life Management, Nutrition, and Physical Therapy) address the different worries and concerns after surgery.

Ideally, patients begin ReHab the day after surgery to maximize their health literacy education and see the most progress. Patients joining ReHab later still benefit from the same education and physical therapy, however may see some hospital content that is no longer relevant to their recovery. The content in Pain & Wellness, Nutrition and Physical Therapy continues to be of use to patients any number of days after surgery.

Details

Duration

Up to 90 days of physical therapy exercises.

Daily Assignment

2-4 cards daily. Always 1 card from Bicep Tenodesis physical therapy exercises.

Card count

55 cards

Patient-reported outcomes and surveys

Assessments

- DASS21 (depression, anxiety and stress) day 7, 14 and 21
- VAS + medication usage (pain) done weekly

Tools and measures

Sit Stand Tool

Deep Breathing Tool

Health Literacy



10 cards designed to manage risk factors by educating on red flags after surgery, wound care, do's and don'ts after surgery, common side effects from medications such as opioid constipation or nausea.

Pain & Wellness



Features Oli Doyle and focuses on MBSR (mindfulness-based stress reduction) and MBCT for pain management, sleep, stress and emotional health, 21 cards. Not intended to replace pharma and psychological care, but has been proven successful in reducing the need.

Life Management



8 cards to address ADLs like how to sleep comfortably, do everyday movements and common questions to address getting back to activities. ADL videos feature physical therapist Serena Liu.

Nutrition



Focuses largely on getting adequate levels of important nutrients which support healing and healthy weight, such as protein, calcium, vitamin C, iron and vitamin D. Videos from Cyrus Khambatta, nutritional biochemistry PhD.

Physical Therapy



Starting on Day 4 patients begin their foundational mobilization routine and alternate with whole arm health routine.