Heal Better Feel Better

Every step moves healing forward.

DID YOU KNOW?

Every step counts, even the night before surgery.

A little movement can make a big difference.

Movement

PREHABILITATION MATTERS!

Think of pre-surgery fitness, or Prehabilitation, as training for surgery.

The stronger and more active you are beforehand, the stronger your recovery may be.

Combine walking, strength training, and breathing exercises to prepare for surgery.

MOVEMENT AFTER SURGERY

Continuing to move after surgery helps prevent muscle strength losses of up to 5% per day from bedrest and supports recovery.

KEEP MOVING FORWARD

Gradually increase your movement during your recovery and make it part of your regular routine.

Healing looks different for everybody.

Talk with your care team about what's safe and can help you heal stronger after surgery.

Find more tips and tools at **www.heal-better.org.**

MSQC
MICHIGAN SURGICAL QUALITY COLLABORATIVE

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