

Hampshire Wellness & Fitness Center

1000 Heritage Circle
Romney, WV 26757
304-822-7255
304-822-7414 fax

**Page Memorial Hospital
Fitness Program**

12 East Luray Shopping Center
Luray, VA 22835
540-743-9988
540-743-9986 fax

**Shenandoah Memorial Hospital
Fitness Program**

759 South Main Street
Woodstock, VA 22664
540-459-1164
540-459-1136 fax

**Valley Health
Wellness & Fitness Center**

401 Campus Boulevard
Winchester, VA 22601
540-536-3000
540-536-0055 fax

**War Memorial Hospital
The Center for Rehab and Wellness**

261 Berkmore Place, Suite 2A
Berkeley Springs, WV 25411
304-258-8377
304-258-8871 fax

**Warren Memorial Hospital
Outpatient Center
Fitness Program**

120 North Commerce Avenue
Front Royal, VA 22630
540-635-0730
540-636-7126 fax

Fit for Surgery



 **ValleyHealth**
Wellness & Fitness Services

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Wellness & Fitness Services

Fit for Surgery allows participants to prepare for elective surgery by building muscle tone and increasing cardiovascular fitness. It is structured over an eight-week period and is supervised by certified exercise specialists. It is based on the participant's level of conditioning and individual needs. The goal of the program is to improve fitness level and increase muscle strength before surgery, which may result in faster recovery times.

Services Provided

Testing — At the beginning and end of the program, baseline measures will be taken to determine the participant's overall endurance and strength. Our staff will help the participant establish realistic goals and a safe exercise program to help prepare for surgery.

Following completion of the program, post-testing will allow for recommendations and referrals as needed. The referring physician will also receive a summary of the patient's progress.

Education — The program includes training and education on safe exercise and weight training to best prepare your body for surgery.

Exercise — Exercise programs are based on the individual's fitness level and surgical procedure.

Each participant attends exercise classes on land or in the water under the close supervision of an exercise specialist. All levels of exercise are available — from low level (those who have not exercised in many years) to high intensity (those who exercise regularly).

How To Get Started

Discuss Fit for Surgery with your physician. If you decide this program is right for you, have your surgeon fill out the enclosed referral form and return it to your preferred location. Early referral is encouraged.

Cost

The fee for the eight-week Fit for Surgery program includes testing, education, and exercise. It must be paid by the participant prior to the first exercise class and cannot be billed to the participant's insurance company. Please bring the enclosed referral form and payment to the first appointment.



Physician Referral Form

Date _____

Patient's Name _____

Date of Birth _____

Phone Number _____

Social Security Number _____

Primary diagnosis: _____

Planned surgical procedure and date: _____

Special precautions/ongoing conditions:

Physician's signature _____

Physician's address _____

Phone _____

Date _____