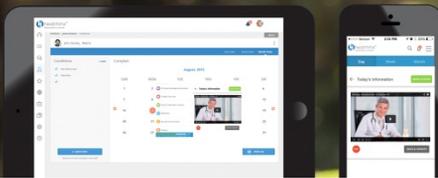


Prepare for surgery and maximise your recovery

Having surgery can be an anxious time with lots of unknowns for you and your family.

But it doesn't have to be!



Achieve the outcomes you want

To help you best prepare for your surgery and to assist with your post-operative recovery, A/Prof Weinrauch recommends the use of an online health care programme called healthInx™. The 9 week hip surgery programme, developed specifically for people undertaking hip replacement and resurfacing procedures, provides information from a variety of practitioners that will be involved in your care.

HealthInx™ delivers useful information covering all stages of your treatment, with helpful tips on how to best prepare for surgery and exercise videos to assist with your recovery.

Additional resources and advice

Using healthInx™ to assist with your pre-operative preparation and recovery is optional. Whether or not you use healthInx™, you will always receive excellent care and advice from your treating doctors, nurses and physiotherapists. HealthInx™ is used to provide additional resources and therapy prescription advice that many people find helpful around the time of their surgery.

Simple, helpful, easy to understand

Other patients who have used the programme have found it simple to follow, helpful and easy to understand. It has helped them feel less anxious about the surgery and confidently manage their recovery after they have returned home from hospital. You can access your programme on any web-enabled device - including laptop computer, iPad or smart-phone.

Flexible to suit your requirements

The healthInx™ hip surgery programme provides standardised instructions and advice that is suitable for the majority of people undertaking hip replacement and resurfacing procedures. We recommend the programme is used in conjunction with your usual health care providers such as your local physiotherapist. If required, your healthInx™ hip care programme can be adjusted by your local physiotherapist to allow the creation of an individualised care plan to suit your recovery. Your physiotherapist can obtain a login to your account by contacting the Brisbane Hip Clinic. In many cases, no adjustments to the programme are required.



A pre and post surgery programme

Your programme starts three weeks before your surgery and finishes six weeks after your operation. As you progress through your surgical journey you will be guided with different activities, advice and information appropriate to each stage of recovery.

How does it work?

If you would like to use the healthInx™ hip surgery programme, access can be purchased by contacting the Brisbane Hip Clinic.

You will then receive an email directly from healthInx™ with an activation link, your username and temporary password. After you've activated your account you can access your programme on any web-enabled device. While you are in hospital, you can access your healthInx™ care plan using the free hospital internet or use one of the complementary hospital healthInx™ iPads.

For more information

If you would like to know more about the healthInx™ hip care programme, please visit our website www.brisbanehipclinic.com.au or visit the healthInx™ website www.healthInx.com

Contact us

To obtain access to the healthInx™ hip care programme, please contact the Brisbane Hip Clinic
Phone: 3831 9777
Email: reception@brisbanehipclinic.com.au