

# Body Zone Physical Therapy

## Joint Care Program

Body Zone Physical Therapy offers comprehensive rehabilitation following your hip, knee or shoulder joint replacement.

### Pre-Operative Patient Care

As a patient of the Body Zone Physical Therapy Joint Care Program, you will receive one-on-one, customized treatment, at hours to suit your busy schedule. Your care begins with a pre-operative visit to conduct baseline measurements and tests and to answer any questions or concerns that you may have. **Your pre-operative care is bolstered with a 30-day complimentary membership to Body Zone's fitness and aquatics centers along with easy-to-follow exercise plans.**

**Free Memberships!**  
Pre-op and post-op care is supplemented with free access to Body Zone's fitness and aquatics centers.

### Post-Operative Patient Care

Your formalized therapy will begin at your surgeon's discretion and may include two to three treatment days per week. You will receive a customized treatment plan that will include hands-on manual therapy, functional strengthening exercises and possibly light strengthening machines and some cardiovascular activity. **Our complimentary 90-day fitness and aquatics membership (in addition to 30-day pre-op membership) will supplement your program on days you do not have formal therapy. We all need support as we heal, and Body Zone is pleased to offer an additional 90-day membership to a family member or caregiver.**

### Complimentary Post-Therapy/Discharge Follow Up Visits

Following your discharge from therapy, you will have complimentary six-month, 12-month and 24-month follow up sessions to address any concerns you may have and to offer guidance on any exercise programs. Therapists will also be available at any time if any questions or concerns arise in between your scheduled follow ups.

### Insurance

Body Zone Physical Therapy participates with most insurance plans. While the insurance company generally dictates the number of allowable physical therapy visits, our physical therapists have the flexibility to provide the necessary treatment until you reach your strength, range of motion and functional goals.

### About Our Team

Our team of physical therapists have more than 75 years of combined experience in the treatment of pre- and post-surgical joint pathologies. They consistently attend continuing education seminars to keep up-to-date with the latest surgical procedures and rehabilitation techniques. Our therapists work closely with all local orthopaedic surgeons as well as orthopaedic groups from Lehigh Valley, Lancaster and the Rothman Institute.

### About Body Zone Physical Therapy

Body Zone Physical Therapy is a privately-owned orthopedic and sports physical therapy center dedicated to providing the most comprehensive and personalized patient care in our community. Our state-of-the art facility is located on the second floor at Body Zone Sports and Wellness Complex.

Led by Dr. Randy Yocum, Body Zone's team of physical therapists and strength and conditioning specialists focus on the science-based treatment of sports and orthopedic injuries in addition to providing post-operative rehabilitation, post-concussion rehabilitation, joint care and injury prevention programs, among others. The ultimate goal? To utilize the most advanced manual/hands-on therapy, treatment techniques, therapeutic exercise and patient education to restore function, decrease pain, manage injury and speed recovery. Therapists also include Laurie Yocum, MPT, Douglas Kemp, PT, and Chris Maryniak, PTA.

**BODY ZONE**  
**PHYSICAL THERAPY**

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**Learn More & Schedule An Appointment**

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