



Activity Guidelines Following Spinal Column Injury/Surgery

<https://vch.eduhealth.ca/en/permalink/phem2240>

Catalogue Number: FM.553.A38

Current Revision December-08-2016

Date:

Language: English

Status: Available

Description: Information on how to manage your recovery following spinal column injury/surgery.

Format: Booklet

Topic: Symptoms, Diseases & Conditions

Procedures, Treatments & Tests

Subject: Spinal Column

Keywords: Exercises
therapy
rehabilitation
sex
lifting
sitting
Sleep
pain
drive
daily living
spine

Reading Level: 8

Date Issued: February-03-2010

Legacy Numbers: FB.723.P8462

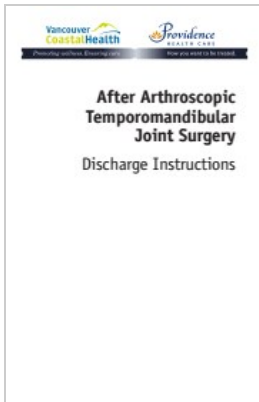
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After Arthroscopic Temporomandibular Joint Surgery Discharge Instructions

<https://vch.eduhealth.ca/en/permalink/phem2298>

Catalogue Number: FJ.450.A33

Current Revision December-19-2019

Date:

Language: English

Status: Available

Description: Patient information to help explain the after care following Arthroscopic Temporomandibular Joint Surgery

Format: Booklet

Topic: Procedures, Treatments & Tests

Plan to Go Home from Hospital

Discharge Instructions

Subject: After Surgery

Temporomandibular Joint Dysfunction

Keywords: swelling

pain

medications

diets

fluids

foods

bathing

Exercises

constipation

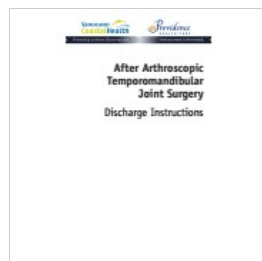
fever

jaws

Reading Level: 7


Date Issued: September-21-2010

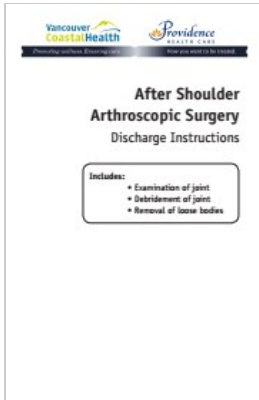
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After Shoulder Arthroscopic Surgery: Discharge Instructions

<https://vch.eduhealth.ca/en/permalink/phem201>

Catalogue Number: FB.813.Af891

Current Revision December-20-2019
Date:

Language: English

Status: Available

Description: Discharge information after Shoulder Arthroscopic Surgery

Format: Booklet

Topic: Procedures, Treatments & Tests
Discharge Instructions

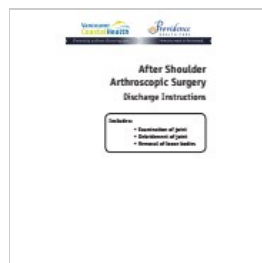
Subject: Surgery
Orthopedic Surgery

Keywords: Arthroscopy
Exercises
joints
Muscles
arthroscope
hospital stay
debridement

Reading Level: 8

Date Issued: July-01-2005

Documents



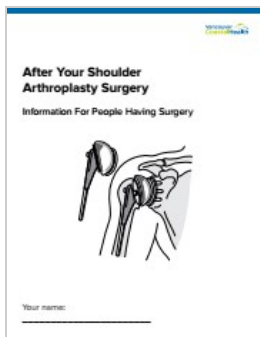
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After Your Shoulder Arthroplasty Surgery: Information for People Having Surgery

<https://vch.eduhealth.ca/en/permalink/phem2933>



Catalogue Number: FB.306.A38
Current Revision 23-Jun-2021
Date:
Language: English
Status: Available
Description: Booklet provides you with the information you need to plan for, and recover from your shoulder arthroplasty surgery.
Format: Booklet
Topic: Procedures, Treatments & Tests
Plan for a Hospital Stay
Plan to Go Home from Hospital
Subject: Shoulder Injuries and Disorders
After Surgery
Keywords: recovery
dressings
equipment
bathroom
Exercises
going home
bathing
return to work
driving
eating
precautions
medications
Reading Level: 7
Date Issued: May-27-2016

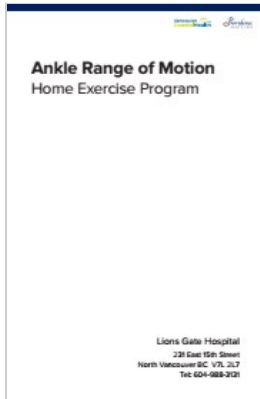
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Ankle Range of Motion - Home Exercises

<https://vch.eduhealth.ca/en/permalink/phem1270>

Catalogue Number: FB.880.An64

Current Revision 13-Jan-2022

Date:

Language: English

Status: Available

Description: Information about home exercises for ankle range of motion.

Format: Booklet

Topic: Procedures, Treatments & Tests

Plan to Go Home from Hospital

Subject: Rehabilitation

Keywords: ankle

Exercises

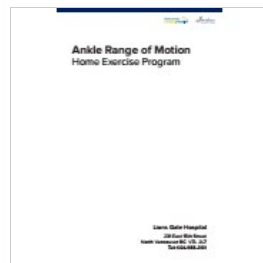
rehabilitation

physiotherapy

Reading Level: 3

Date Issued: September-26-2006

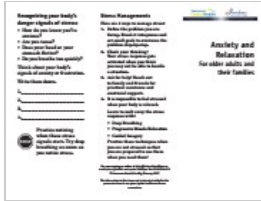
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Anxiety and Relaxation

<https://vch.eduhealth.ca/en/permalink/phem1080>

Catalogue Number: CB.500.An95

Current Revision February-15-2017

Date:

Language: English

Status: Available

Description: Information on anxiety and relaxation

Format: Brochure

Topic: Healthy Living

Senior Health

Subject: Stress

Keywords: seniors

breathing

Exercises

posture

imagery

Management

Muscles

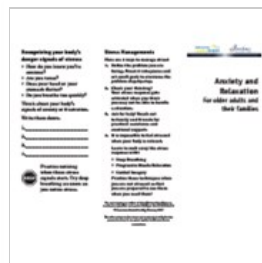
Older Adults

tension

Reading Level: 5

Date Issued: March-07-2006

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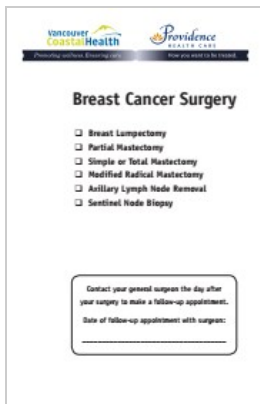
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Breast Cancer Surgery

<https://vch.eduhealth.ca/en/permalink/phem266>

Catalogue Number: FE.323.B741



Current Revision Date: October-28-2015

Language: English

Status: Available

Description: Information about different types of breast cancer surgery.

Format: Booklet

Topic: Symptoms, Diseases & Conditions
Procedures, Treatments & Tests
Plan for a Hospital Stay
Plan to Go Home from Hospital

Subject: Breast Cancer
Breast Diseases
Mastectomy
After Surgery

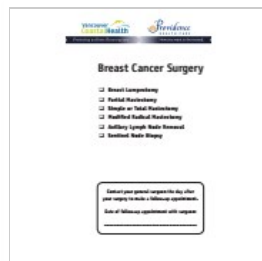
Keywords: Breast care
Surgeries
simple total mastectomy
axillary lymph node dissection
sentinel node biopsy
aftercare
Exercises
emotions
biopsies
drain
lumpectomy
prosthesis
healing
lymphedema

Reading Level: 11

Date Issued: June-01-1997

Legacy Numbers: FE.323.M393

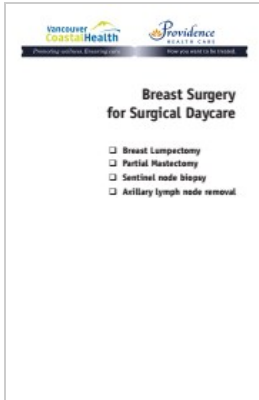
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Breast Surgery for Surgical Daycare

<https://vch.eduhealth.ca/en/permalink/phem265>

Catalogue Number: FE.323.B74

Current Revision October-20-2015

Date:

Language: English

Status: Available

Description: This pamphlet gives an outline of the general care involved after a brief surgical procedure.

Format: Booklet

Topic: Symptoms, Diseases & Conditions
Procedures, Treatments & Tests
Plan to Go Home from Hospital
Women's Health

Subject: Breast Cancer
After Surgery
Breast Diseases
Mastectomy

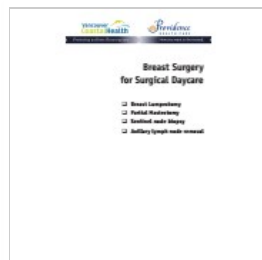
Keywords: Breast care
Surgeries
simple total mastectomy
axillary lymph node dissection
sentinel node biopsy
drain care
seroma
Exercises
lumpectomy

Reading Level: 8

Date Issued: May-18-2006

Legacy Numbers: FE.323.B74

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Breathe Well, Live Well - Community Pulmonary Rehabilitation Program

<https://vch.eduhealth.ca/en/permalink/phem1786>

Catalogue Number: FN.515.C66

Current Revision March-07-2019

Date:

Language: English

Status: Available

Description: Information on living with a chronic lung condition through education, exercise, support and self-management.

Format: Brochure

Topic: Services & Resources

Subject: Community Health Services

Lungs and Breathing

Keywords:

education program

education

Exercise Programs

Exercises

support

community health services

community programs

community

Chronic obstructive lung disease

emphysema

self management

lung

Lung Fibrosis

rehabilitation

Chronic Disease

Reading Level: 10


Date Issued: June-06-2008

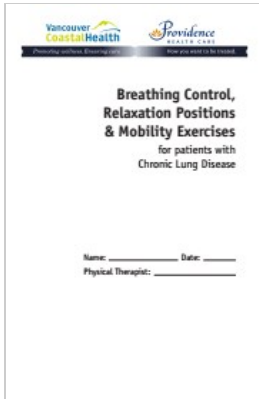
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Breathing Control, Relaxation Positions & Mobility Exercises: for patients with Chronic Lung Disease

<https://vch.eduhealth.ca/en/permalink/phem446>

Catalogue Number: FN.510.B74

Current Revision Date: January-28-2020

Date:

Language: English

Status: Available

Description: Information about Breathing Control, Relaxation Positions & Mobility Exercises for patients with Chronic Lung Disease

Format: Booklet

Topic: Procedures, Treatments & Tests

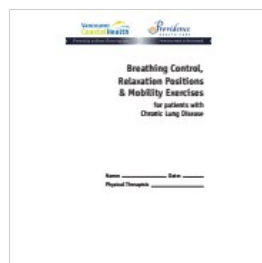
Subject: COPD (Chronic Obstructive Pulmonary Disease)
Lungs and Breathing

Keywords: COPD
relaxation techniques
Exercises
breathing
respiration

Reading Level: 5

Date Issued: November-01-2004

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