



Joint Replacement and Orthopedic Care At Home

We focus on improving the transition of care when you shift from hospital to home and on proactively managing your care in your home. Our physical therapists, occupational therapists, speech therapists and nurses will teach you what to expect during your recovery and help you get back on your feet.

The Goals of the Joint Replacement and Orthopedic Care at Home Program Are To

- Provide high-quality rehabilitation in your home
- Provide early interventions to prevent hospital readmissions
- Educate you and your caregiver in proper exercise and rehabilitation regimens
- Work collaboratively with your physician and our hospital partners to improve your recovery
- Improve your quality of life

Care begins with a comprehensive assessment of your needs by specially trained and highly skilled clinicians. Your nurse will answer any questions you have and will then give you and your family a personalized plan of care that will be coordinated and implemented by our clinicians working hand-in-hand with your doctor.

Ongoing Joint Replacement and Orthopedic Care Includes

- Pre-surgery coordination services
- Surgery and rehabilitation education
- Physician-ordered rehabilitation services after surgery
- Personalized exercise plans
- Recommendations for assistive equipment and devices, if needed
- Management of anticoagulation therapy
- Suture and staple removal

Facts About Joint Replacement and Orthopedics

People experience joint pain for a variety of reasons, including arthritis, bursitis, tendonitis, injury and the ongoing loss of the functioning of the joint. Often, the pain gets worse over time.

Replacement surgery enables a patient to experience dramatic relief from the pain and diminishing functionality they are experiencing. Joint replacement surgery requires a commitment to rehabilitative services after the surgery has been performed in order to regain maximum functionality.

Tips for Recovering from Joint Surgery

- Avoid combinations of movement with the affected joint



VISITING NURSE
HEALTH SYSTEM

- Monitor the surgery site. If you notice redness or drainage from the wound, notify your surgeon.
- Follow your physical therapy regimen.
- Ice and elevate the affected area to reduce swelling and pain.