



Back on Track

Total Hip Arthroplasty
Total Knee Arthroplasty



Joint Replacement Camp

- Introduce the program
- **To make it fun**, Newberry County Memorial Hospital has adopted a track theme for the Joint Replacement Camp. We want you to get ***Back on Track*** with your life:
- **You are the Runner.**
- **Your Coaches** are your team of therapists, nurses, case managers and advisors to prepare you for the Back on Track Camp and help ensure you make it over the hurdles and complete the course successfully.
- **Your Cheerleader** is a family member or significant other who will help you throughout the entire program.
- **We want you to get *Back on Track*.**

Welcome to Back on Track

- We are excited you have chosen Newberry County Memorial Hospital for your replacement surgery. Our team of highly trained, compassionate professionals is ready to assist you in reaching your goal to improve your quality of life.
- We anticipate relatively quick recoveries after joint replacement surgeries. Hospital stays are generally one to two days. Most patients are walking on the day of surgery. Exercises are provided before surgery to help improve your chances of a speedy recovery.
- Your recovery is a team effort, but you are the most important part. We have a great orthopedic team, but we cannot do it all for you. Patients who take an active role in their recovery do the best, so stay involved throughout the entire process.



Goals

- Improve Quality of Life
 - Increase satisfaction
 - Increase Mobility
 - Decrease pain
- Improve outcomes

Checklist to complete prior to surgery

- Attend Back on Track Class
- Prior to your preoperative assessment; obtain medical clearance or optimization from your primary care physician or specialists
- If you have had any treatment for the knee or hip prior to Palmetto Bone and joint or Newberry Hospital; please obtain these records
- Complete the Lower Extremity Functional assessment included in your packet



Preoperative Assessment

- You will all have a preoperative assessment at least 1-2 weeks prior to your surgery
- At that time, you will meet with the anesthesiologist
- You will also meet with a member of our Case Management team

Preoperative Exercises

- In your Back on Track Book, there are exercises for you to start on prior to surgery
- Do as many of these exercises as you can without causing you pain
- Physical Therapy and Occupational Therapy will work with you on these while you are hospitalized
- Keep in mind that you need to strengthen your entire body, not just your legs. It is very important that you strengthen your arms by doing chair push-ups, because you will be relying on your arms to help you walk, get in and out of bed and in and out of a chair.

Promote Wound Healing

- Eat a balanced Diet such as lean protein, yogurt, probiotics, fiber from beans, fruit, vegetables, and grains
- If you have Diabetes; We want your blood sugars to be in control.
- Stop Smoking at least 8 weeks prior to surgery for maximum benefit but even 1 day makes a difference;
- All of the above will help with increase healing, decreased respiratory complications and reduce scarring.

Pain

- What kind of pain do you have now?
- What kind of pain do you expect after surgery?
- Pain Control will be key to your recovery

Preparing your home prior to Surgery

- Prepare your home for your return
 1. Do any cleaning that needs to be done
 2. Prepare meals ahead of time/freeze
 3. Take care of any yard work

- Safety Tips
 1. Remove electrical cords
 2. Install night lights
 3. Pick up throw rugs and tack down loose carpeting
 4. Consider installing handrails to steps

What to Bring to Hospital

- Loose fitting clothing to exercise in
- Sneakers or shoes that have non skid surface
- Your Home Medications
- Personal Hygiene items: toothbrush, deodorant, etc
- Your walker from home if you have one
- Any medical equipment that you will need; ex. CPAP

Day of Surgery

- You will be taken to the pre-operative area to be prepared for surgery. This is where an IV will be started, your medical history will be reviewed, you will meet your pre-op and operating room nurses. The anesthesiologist will interview you.
- You will also meet with your surgeon who will answer any questions and will mark the appropriate site. You will then be escorted to the operating room. After surgery is finished, you will be taken to the recovery room, called the PACU. You will remain there for 1—2 hours so your vital signs and pain can be monitored.

Day of Surgery

- Finally, you will be taken to the *Back on Track* Joint Replacement team of nurses and patient care technicians who will care for you.
- You will have an IV, Sequential compression devices on your legs, a pulse oximeter on your finger and possibly other medical equipment
- The staff will ask many questions; and review your home medications again.
- We have pain medication that is ordered scheduled for you as well on an as needed basis. You are the only one who can tell us how your pain is
- Ice will be applied to your joint; ICE is your friend

Day of Surgery

- The plan will be for you to ambulate the day of surgery
- Staff will allow you to settle in then your Physical therapist will visit you and start your rehab program
- Pain Medication: This is important to help control your pain and for you to participate in therapy
- Side Effects of Pain Medication:
CONSTIPATION

Treatment Plan

- Pain Control
- Constipation
- Nausea
- Blood Pressure Normal
- Prevention of Blood Clots: Aspirin, Coumadin, etc.
- You will receive Physical therapy twice a day and Occupational therapy once a day

Post Operative Care

- Control Pain: Take your pain medicine at least 30 minutes before physical therapy/occupational therapy.
- Gradually wean yourself from prescription medication to Tylenol.
- Change your position every 45 minutes throughout the day.
- Use Ice for pain control



Post Operative Care

- Keep your incision clean and dry
- You may shower but NO TUB baths
- Notify your physician of any foul drainage from your incision, increased pain not relieved by medication or temperature greater than 101.5
- Special dressings will be reviewed prior to discharge home

Goals for Discharge:

- PT goals: ambulate 250 feet, safely climb stairs (How many do you have at Home)
- Length of stay is usually 1-2 days

Complications:

- Infection: Keep incision clean and dry
- Blood Clots: Take Aspirin, Coumadin, etc as prescribed by your physician; walk frequently and do ankle pumps
- NOTIFY the physician immediately if you develop Swelling in thigh, calf or ankle that does not go down with elevation or Pain, tenderness in calf (blood clots can form in either leg.)

Complications:

- GO to the Nearest Emergency room if you develop:
- Sudden chest pain
- Difficult and/or rapid breathing
- Shortness of breath
- Sweating
- Confusion

Rehab after the Hospital

- It is very important that you continue physical therapy after you return home from the hospital. Our physical therapists and case managers will work closely with you and your family to determine which type of PT is most appropriate for you.
- For patients whose family and friends can provide transportation, we will recommend outpatient PT. We recommend outpatient PT, preferably at NCMH Wellness Center. The therapists at the WC are the same NCMH team that started your rehab in the hospital. The therapists know your Doctors and the treatment protocols, and are located right down the hall from your doctor's office. OP Rehab will progress your program quickly, getting you back to your life as safely and quickly as possible.
- For patients who are homebound and do not have access to transportation, home health PT will be recommended. We have great confidence in the local physical therapists who we will recommend to you. These therapists are familiar with our protocols and should continue to help you progress according to this guidebook. We also trust and rely on these therapists' professional judgment to determine additional exercises that may benefit you.

Questions:

- WE will be happy to answer any questions
- Thank you for your attention today

Multidisciplinary Team

