

# YOUR JOINT JOURNEY

WHAT TO EXPECT – AND WHEN

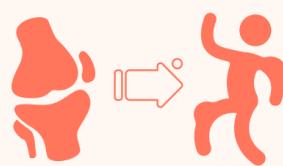


## WHY JOINT REPLACEMENT?

Joint replacement is a way of extending and improving individuals' quality of life using time-tested, effective materials and procedures. It can help alleviate pain and allow a return to daily activities. The doctors at Stevens Point Orthopedics have been performing joint replacements for more than 20 years.

## TIMELINE FOR YOUR JOINT JOURNEY

Joint replacement isn't a single procedure – it's a journey ... from pain to less pain, and from restrictions on where you can go to an improved quality of life. Here are some of the significant steps on that journey.



### PRE-OP (2 TO 3 WEEKS PRIOR)

#### PRE-OP MEETING AND COUNSELING

You and your support coach will meet with the point coordinator. She'll talk about the procedure, walk you through the timeline, give you pre-op exercises and a folder of information, and answer your questions. Together you'll identify the best discharge plan for you after surgery.



### PRE-OP

#### PRE-OP PHONE COUNSELING

Your care coordinator is always available to answer your questions. Typically there are two to three phone interactions prior to surgery.

care coordinator

#### PARTICIPANTS

coordinator, patient, support coach

#### MEDICATIONS

existing medications

### PRE-OP

#### PRE-OP EXERCISES

You will do pre-op exercises twice a day every day before your surgery to strengthen your muscles. This is very beneficial to your post-op recovery program.

care coordinator

#### PARTICIPANTS

patient, support coach

### SURGERY

#### DAY OF SURGERY

The day of surgery is a busy day spent with the surgeon and members of Stevens Point Orthopedics' caring surgery-support staff. You can rest assured you're getting world-class care ... close to home.

surgeon  
 99% Success Rate

#### PARTICIPANTS

coordinator, patient, support coach

#### MEDICATIONS

(anesthesia, as prescribed for pain)

#### GOALS

Safety Success

### DISCHARGE

#### DAY OF DISCHARGE

Your care coordinator will also be with you on the day you're discharged, going over post-surgery instructions, discussing your timeline for return to activity, and answering all your questions.

care coordinator

#### PARTICIPANTS

coordinator, patient, support coach

#### MEDICATIONS

(anesthesia, pain medications)

#### DOSAGE

(declining)

#### GOALS

Ability to rest and recuperate at home

### POST-OP

#### POST-OP PHONE COUNSELING

Your Stevens Point Orthopedics care coordinator is there for you every step of the way – in this case, following up with you every week for the first few weeks, discussing your recovery and addressing any questions or concerns.

care coordinator

#### PARTICIPANTS

coordinator, patient, support coach

#### MEDICATIONS

existing medications (should be able to wean off pain meds)

#### GOALS

Sustained activity over longer periods  
 Weaning off of pain meds

### CELEBRATION!

#### POST-SURGERY CELEBRATION

At the end of your journey, it's time to celebrate! Stevens Point Orthopedics hosts two Joint Journey celebrations each year. It's a great time for surgeons, staff, patients, and coaches to get together and talk about their journey – the challenges, joys, and accomplishments. You've done it – celebrate your new life!

surgeon  
 care coordinator

#### PARTICIPANTS

coordinator, patients, support coaches, surgeons, staff

#### GOALS

Celebration!  
 Long-term improvement in quality of life