Joint Replacement Care

Everyone recovers differently from joint replacement surgery. Many people are able to go home directly from the hospital, while others begin recovery at a rehabilitation or transitional care facility.

Our Joint Replacement Care Program offers an individual plan of care with a strong focus on teaching. A day or two after surgery, you can expect your first visit from a physical therapist who will work with you to increase joint range of motion and strength. A home exercise program will be provided and exercises will be observed to ensure perfect form. The therapist may also recommend equipment to aid with recovery.

Program Highlights:
• An orthopedic pre-surgery review involving your surgeon to help prepare for healing, reduce anxiety, and provide valuable education.
• Multi-disciplinary rehab team uniquely skilled to provide each patient with the highest level of recovery.
• Utilization of the most effective pain management techniques to maximize comfort levels.
• Expert management of comorbidities to prevent any complications.

Self-Care Tips:
• Don’t stay in bed once you get home. Rest when you need to, but move about frequently with your walker or crutches and gradually increase your activity level.
• Eat a balanced diet, take any vitamin or iron supplement your doctor recommends, and drink plenty of fluids.
• Keep your incision clean and dry. Your staples will be removed a week or two after surgery.

“I have nothing but the highest praise for my physical therapist, not only for her therapeutic abilities, but also for her punctuality, manner and professionalism. I always looked forward to her visits and helpful techniques to speed my progress.”

For questions call Lifetime Care at: 1-585-214-1000 or 1-800-724-1410
Find us on the web at: lifetimecare.org