



THE JOINT ACADEMY



What is The Joint Academy?

A unique program for people having knee or hip surgery. The goal of The Joint Academy is to help you prepare for surgery and provide you with the knowledge needed to help you return to your normal activities.



The Joint Academy consists of small groups of patients focusing on pre-surgical education, hospital stay, rehabilitation and superior customer service.

Before Surgery

The program begins in your doctor's office once you have made the decision to have surgery. Your doctor will address your concerns, answer questions and make a referral for The Joint Academy. You and a support person will attend a class designed to help prepare you for your hospital stay and to plan for a safe return home.

Hospital Stay

During your time in the hospital, a dedicated team of orthopedic professionals will provide you with the care and comfort you need to regain your strength and mobility. We will encourage you to attend individual therapy sessions, as well as group activities. Together, the goal is to get you, and your new joint, moving as quickly as possible. As always, your support person is encouraged to participate in your hospital rehabilitation.

Returning Home

Before being discharged from the hospital, you and your support person will receive complete instructions on medications, follow-up care, and your exercise and therapy program. After you return home, we will follow-up with you to address any concerns and to ensure you are progressing toward your goals.

Home Recovery

The success of your surgery will depend on how well you follow your orthopedic surgeon's instructions regarding home care during the first few weeks after surgery.

You will have stitches or staples running along your incision. Your surgeon will remove these in a follow-up visit. Following a well balanced diet is important to promote healing.

Exercise is a critical part of your recovery. An exercise program will be prescribed along with a light walking routine to promote muscle strengthening, mobility and endurance.

Some discomfort is a normal experience after returning home.

Review the signs and symptoms of complications with your joint team care members and report any sign of a complication to your surgeon immediately.



Congratulations on making the important decision to improve your lifestyle and comfort.

We want to help you achieve that goal as easily as possible with as much knowledge as possible.

Please feel free to ask your physician and The Joint Academy staff any questions that you may have regarding preparation for surgery prior to your home recovery period.

Your feedback is much appreciated and we want all our customers to be very satisfied. Please complete a patient phone survey through Gallup when called to provide us with your thoughts and recommendations regarding our program.

Thank you!

Suggestions for your home:

- A stable chair for your early recovery with a firm seat cushion (height of 18-20 inches), a firm back, two arms, and a footstool for intermittent leg elevation.
- A raised toilet seat with arms, if you have a low toilet.
- A stable shower bench or chair for bathing.
- Removing all loose carpets and electrical cords.
- A temporary living space on the same floor, because walking up or down stairs will be more difficult during your early recovery if you have multiple levels in your home.
- Transportation that allows for sufficient leg space. Remember no driving till your physician approves.

WELCOME TO THE JOINT ACADEMY



LEHIGH
Regional Medical Center

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