



PRE-OP “GAME PLAN”

THINGS TO HAVE/DO AT HOME

1. All patients should check their home for obstacles. Remove throw rugs or anything blocking walkways/hallways. Examine your bathroom for possible installation of grab bars (must have studs in walls to install grab bars).
2. Look at your stairs at home, both outside and inside. Stairs represent a potential hazard. We will teach you how to safely go up/down a single step and to use stairs with a railing and cane. If there is an area in your home that you must access that has more than one step and no railing, you should consider installing a railing for safety, especially at outside steps leading into your home.
Patients having both knees replaced at the same time and hip replacement patients MUST have a railing.
3. Please read and review your Joint Replacement Guidebook. It is important to the exercises so that you are familiar with them prior to surgery. Especially work on the armchair push up exercises and quad sets (knee push downs).
The armchair push up exercises are located on page 29 in the knee guidebooks and page 30 in the hip guidebooks.
The quad set (knee push downs) exercises are located on page 25 in the knee guidebooks and page 26 in the hip guidebooks.

HIP PATIENTS:

1. Inspect your chairs at home prior to coming to the hospital. Make sure you have a comfortable armchair with seat at least 18 inches high from the floor. Your feet should be elevated on a stool or recliner to help prevent swelling. Low couches or chairs are not acceptable as you could dislocate your hip.
2. Ice Packs: You will be using the ice packs a minimum of 20 minutes, 6 to 8 times per day. You can purchase additional commercial ice packs, use a bag of frozen peas or make your own ice pack by doing the following: mix $\frac{3}{4}$ cup of rubbing alcohol and 2 cups of water in large Ziploc freezer bags (double bag to prevent leakage). Place in the freezer until it turns to slush.
3. Hip patients should put a pillow in the car to elevate the car seat unless you are riding home in a minivan or SUV. You should also have a trash bag available so

you can slide into the car if you have cloth seats. (not necessary if you have leather seats).

KNEE PATIENTS

1. At home, it is advisable that you have a chair with arms to push off of when getting into standing position after sitting. Avoid low chairs as it could put undue stress on your post op knee.
2. Ice Packs: You will be using the ice packs a minimum of 20 minutes, 6 to 8 times per day. You can purchase additional commercial ice packs, use a bag of frozen peas or make your own ice pack by doing the following: mix $\frac{3}{4}$ cup of rubbing alcohol and 2 cups of water in large Ziploc freezer bags (double bag to prevent leakage). Place in the freezer until it turns to slush.
3. Obtain a 5 pound weight for your knee extension stretching exercise. Instructions for this exercise are located on page 32 in your guidebook. You may use a 5 pound bag of rice/birdseed or purchase weights at a sporting goods store. Should you purchase weights, we recommend a 5 pound cuff weight with removable 1 pound sections. (This can also be used with your post-operative progressive resistive exercises at home once you are given the okay to start these).
4. Have a plastic trash bag available to help with sliding into the car if you have cloth seats (not necessary if you have leather seats).

WHAT TO BRING TO THE HOSPITAL

1. Please bring loose, comfortable clothing. You will be putting on clothes the day after your surgery. If at all possible shorts should be nylon mesh material to facilitate sliding and have an elastic waist for ease in pulling up. The length should be down to the knee as you may have a catheter and will not be wearing underwear the first day. We have this type of shorts available for purchase in our hospital gift shop. Please try on clothing prior to coming to the hospital. Make sure shorts are easy to get up and down. HIP patients should try to imagine a bulky dressing that will add 2 inches to your hip.
2. Do not bring "good" clothes for therapy as they may get soiled.
3. Shirts should be short sleeved to allow access to the IV sites, and easy monitoring of blood pressure and pulse. You are welcome to wear the Nash Joint Replacement T-shirt that you will be given after your surgery. If you become chilly during your hospital stay, you can bring a sweater but this needs to be worn draped over your shoulders.

4. Footwear will be hospital issued socks unless you require special shoes, braces or orthotics. Bring any special shoes and braces with you to the hospital. Patients will not need bathrobes or slippers.
5. If you already have a walker or cane please bring it to the hospital with you. We will inspect it for safety and make correct adjustments for your height. Please label your walker or cane prior to bringing it in the hospital.
- 6. Please bring your Joint Replacement Patient Guidebook.**

COACHES DUTIES WHILE IN THE HOSPITAL

1. Please unpack the patient's bags and pick out the clothing the patient will be wearing on the first day of therapy which will be the day after their surgery. Please place this clothing on the top shelf in the closet. You can choose one of the Nash Joint Replacement Center T-shirts that should be in the room upon arrival. If the patient has a catheter, underwear will not be worn with shorts until catheter is removed.
2. Please unpack the Joint Guidebook, readily visible for the volunteers to collect the morning after surgery. We will document in the book and return it on the day the patient leaves the hospital.
3. For knee patients: when the patient is in the room, please make the large towel roll is placed under the ankle of the operated leg. This roll should be in place whether the patient is sitting in the chair or lying in the bed. Exceptions include the times the patient is sitting for meals. While eating, we encourage the "dangle technique" which means the legs are dangling down to help promote knee bending. Another exception would be when the patient is doing additional exercise sessions independently in the room.
4. Please remind the patients to use ice as frequently as possible. Ice can be used for up to 30 minutes of every waking hour. You can obtain ice pack from the freezer in the rehab/group room or ask one of the team members to assist you with this.

THERAPY SESSIONS

1. We strongly recommend that coaches attend all group therapy sessions if at all possible. Coaches are welcome on the first morning after surgery but don't worry if you are unable to attend because the first group session is in the afternoon following lunch.
2. There will be morning and afternoon physical therapy group sessions. These will be held at 9:15 AM and 1:00 PM in the group room.

3. If you had a hip replacement or bilateral knee replacements, the occupational therapist will also be visiting you.
4. The most important group session will be the discharge class held on Thursday mornings at 9:15 AM. We will discuss important discharge information. Coaches are strongly encouraged to attend this session.

MEDICAL EQUIPMENT and DISCHARGE PLANS

We will have already discussed some of your equipment needs prior to your surgery. While you are in the hospital a care manager will come visit you to review equipment needs and discharge plans. We will make sure you have the equipment you need before being discharged from the hospital. Hopefully by the end of your stay you will be ready to be discharged home. Plans will be made for you to attend outpatient physical therapy or home health arrangements will be made. If you are not quite ready to go home and need to go to another facility, this will be discussed and arranged as well.