

A Patient Guide



## Connecticut Joint Replacement Institute



Trinity Health  
Of New England

Saint Francis Hospital  
and Medical Center

<b>General Information.....</b>	<b>3-6</b>
Important Phone Numbers	
Directions	
Parking	
<b>Preparing for Surgery.....</b>	<b>7-14</b>
Patient Class	
Nutrition	
Arranging After-Care	
Preoperative Assessment Screening and Surveillance (PASS)	
MyCare & MyChart	
Pre-Surgical Exercises	
Preparing Yourself & Your Home	
Day of Surgery	
<b>Road to Recovery &amp; Hospital Stay .....</b>	<b>15-19</b>
Day of Surgery	
After Surgery	
Pain Management	
Call...Don't Fall!	
Preventing Post-Surgical Complications	
Caring for Your Incision	
Lung Exercises	
<b>Ancillary Services.....</b>	<b>20-24</b>
Arrow Pharmacy	
Meds2Go	
Hip Kits	
Integrative Medicine	
Pastoral Care	
DME	
<b>Transition to Home.....</b>	<b>25-40</b>
Discharge	
Tips for a Successful Recovery	
Mobility and Exercises	

# Welcome

It is our privilege that you have chosen the Connecticut Joint Replacement Institute (CJRI) at Saint Francis Hospital and Medical Center for your joint replacement surgery.

Our commitment is to ensure that each patient and their family members receives the best possible care. With over ten years and 30,000 patients, we are proud to be the most experienced joint replacement center in Connecticut and among the largest in the United States. Customer satisfaction, quality, and safety are our highest priority.

Our staff is devoted to providing you an excellent experience and minimizing the anxiety often associated with hospitals and surgery. Your care is provided by a collaborative team of nurses, physical therapists, physician assistants and case managers specifically trained in the care of orthopedics and joint replacement surgery.

This guide holds important instructions and information to help prepare you for before, during and for recovery after your surgery. In addition, CJRI offers weekly classes at Saint Francis Hospital and Medical Center. To register, please call 1-877-783-7262 or visit **www.mycjri.com** and select "Register for Class" on the home page.

On behalf of the entire Connecticut Joint Replacement Institute Team, we would like to thank you for choosing CJRI and wish you a speedy road to recovery.

Sincerely,

The CJRI Care Team

# Important Phone Numbers

## **Saint Francis Hospital and Medical Center**

860-714-4000

## **Patient Information**

860-714-4789

## **Patient Education Class**

860-783-7262

## **CJRI Reception (Admitting)**

860-714-0447

## **Pre-assessment Surgical Screening Office (PASS)**

860-714-4448

## **Case Management**

860-714-0981

## **Pre-registration**

860-714-0900

## **Nursing Station (9th Floor)**

860-714-0900

## **Nursing Station (10th Floor)**

860-714-1700

## **Integrative Medicine**

860-714-4450

## **Pastoral Care**

860-714-4308

# Directions

## **Saint Francis Hospital and Medical Center**

From I-84 E:

Take I-84 E to Hartford, taking the left-lane exit 46 toward Sisson Avenue. Turn right onto Sisson Avenue, follow the road and then take a right onto Farmington Avenue.

Woodland Street will be coming up on your left. The main hospital building will be on your right, take the right into the main entrance and follow the signs for the parking garage.

From I-84 W:

Take I-84 W to Hartford, taking the right-lane exit 48 toward Asylum Avenue. Merge onto Garden Street, taking a right onto Asylum Avenue. In less than a mile, take a right onto Woodland Street. The main hospital building will be on your right, take the right into the main entrance and following the signs for the parking garage.

## **CJRI**

From the 2nd floor of the parking garage:

Walk down the entrance hallway until you reach the first Information Desk. Take a right at the desk and follow the hallway past the Blue and Green elevators. Take a right after the Green Elevators and then a left. You should now see the sign for the Red Elevators.

Take the Red Elevators to the 4th floor. The CJRI Reception and Waiting Area is located through the double doors.

## **Mini Cabs**

Should you be unable to walk all the way to CJRI, please inform the security guard at the desk at the entrance of the second floor and they will call a mini-cab for you. The mini-cab will bring you to the Red Elevators which you will take to the 4th floor.

# Parking

The Collins Garage is accessible from either Collins Street or Woodland Street and is connected to the hospital. The Collins Garage offers convenient parking with plenty of handicapped parking spaces located on the second floor.

- Please bring your parking ticket with you each time you come into the hospital
- Parking is complimentary on the day of surgery and day of discharge for CJRI patients

## Valet Parking

- Available at the main entrance of the hospital
- Monday and Tuesday from 5:00 a.m. to 5:00 p.m. and Wednesday - Friday from 6:00 a.m. to 5:00 p.m.
- If you stay beyond 5:00 p.m., please be sure to pick up your keys at the second floor security desk near the entrance to the parking garage

For the convenience of patients arriving and leaving the hospital, an express patient drop-off and pick-up zone is available on the first floor of the Collins Garage, near the valet station. There is no charge for parking when dropping off or picking up a patient.

The Collins Garage is equipped with an automated pay system, which allows you to pay your fee inside the hospital, before returning to your car in the garage. The central pay stations are located on the first and second floors of the hospital near the exits to the garage.

# Preparing for Surgery

## Patient Class

Preparing for your surgery and recovery plan is an important part of your care. For this reason, we provide a complimentary patient class that will give you a better understanding of what to expect, before, during and after surgery.

We strongly recommend that you bring the family member or friend who will be assisting you in your recovery after surgery. Please bring your handbook to class, and feel free to take notes.

The class will review the material in the Handbook, as well as answer any additional questions you may have. Clinicians from Nursing, Pharmacy, Physical Therapy, and Occupational Therapy will be present at the class.

**Classes are held weekly in the Chawla Auditorium in the main hospital building. You must make a reservation before attending class by calling 877-783-7262.**

# Nutrition

## Practice Good Nutrition

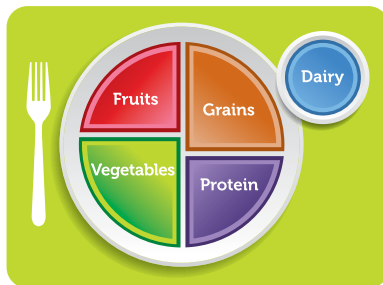
Good nutrition before surgery, during your hospital stay and when you go home helps to improve your recovery.

- Helps you to feel stronger
- Decreases your risk of infection
- Helps you leave the hospital sooner
- Reduces the need to come back to the hospital once you are home

## What You Eat and Drink Helps Your Recovery

A healthy, balanced diet includes a variety of fruits, vegetables, eggs, fish, poultry, beans, legumes, and low-fat dairy products. This also includes proper hydration: try to drink eight to ten (8oz.) glasses of water a day.

If you have any dietary questions while you are in the hospital, please feel free to reach out to the dietician here at Saint Francis Hospital and Medical Center at 860-714-3663. Should you like to see a dietician before or after your hospital stay, please call 860-714-4313.



# Arranging After-Care

**In most cases, we believe your home is the best and safest location for your recovery.**

Most patients are able to go home after their surgery. This includes patients who live independently. Many factors will be considered in this decision, including availability of family or friends to assist with daily activities, home environment and safety considerations, post-surgical functional status.

If your clinical team determines that you are not ready to go home, you may go to a rehabilitation facility to gain the skills you need to safely return home. You should understand your options and how they are impacted by your insurance carrier. Throughout your recovery, you will work with your care team to make the right choice.

**Please familiarize yourself with your co-pays for each of the post-surgery rehabilitation options. Ensure that you have the appropriate Durable Medical Equipment\* (canes, walkers, etc.) prior to your arrival home from the hospital.**

\*Refer to the DME section (page 23) for more information.

# Preoperative Assessment Screening and Surveillance

Our Preoperative Assessment Screening and Surveillance (PASS) Center is an important part of your preparation for surgery. All patients receive a phone call prior to their date of surgery from a PASS nurse. The goal of PASS is to ensure that all medical issues are identified and addressed.

You may be scheduled for your medical clearance appointment through our PASS clinic. Your surgeon will discuss this option with you.

# MyCare & MyChart

Thanks to secure technology, it is possible to view health summaries from the MyCare electronic health record, access most test results, and review trusted health information resources.

For additional information, or to sign up for MyCare, please visit [www.stfranciscare.org/mycare](http://www.stfranciscare.org/mycare)

MyChart, a mobile version of MyCare, is available in the Apple Store and Google Play. Through MyChart you will be able to access your lab results, appointment information, current medication and even make an appointment with your surgeon.\*

We encourage you to download the MyChart app onto your mobile device.



Download  
MyChart today!

\*This function only applies to providers who use Epic in their offices.

# Pre-Surgical Exercises

Conditioning your body prior to joint surgery is an important step toward improving your strength and is key to a successful recovery.

If you and your surgeon have agreed that you can perform certain exercises, see pages 26-39 for more information on mobility and exercise examples. By performing these exercises ahead of time, you will have the “muscle memory” to perform them more successfully during and after your hospital stay.

## Patients who exercise before joint replacement surgery have several advantages:

### 1. You will be stronger before surgery.

People with arthritis can still exercise. In fact, it has been shown that regular moderate-level exercise does not exacerbate arthritis pain. An exercise program composed of joint stretching, low-impact resistance training, and aerobic exercise increases joint flexibility, combats fatigue, and supports weight management. All are beneficial in building strong muscles to support your joints.

### 2. You will have a faster recovery.

By adhering to an exercise training program before surgery, patients are more likely to spend less time in the hospital, return directly home from the hospital, and reach their goal sooner.

**Always consult your surgeon before beginning any exercise program.**

# Preparing Yourself and Your Home

## Helpful suggestions for preparing yourself and your return to home after surgery:

- Remove scattered items, throw rugs, loose wires and cords
- Remove clutter
- Place frequently used objects within reach. Ensure that items are at waist and shoulder level
- Stock up on groceries and day-to-day medical supplies
- Cook and freeze meals in advance so that you can have ready-made meals handy
- Consider modifying your bathroom to include a shower chair, safety bars, stair railings or raised toilet seats
- Ensure you have pet care arranged
- Make alternate plans for indoor and outdoor cleaning and maintenance
- Arrange for help for tasks such as cooking, laundry, housework and shopping
- Provide good lighting throughout your home by installing night lights in the bathrooms, bedrooms and hallways
- Widen furniture paths to accommodate a walker, cane or crutches

## Please bring the following to the hospital:

- Photo ID
- Insurance & pharmacy cards
- Stable walking shoes
- C-PAP machine (if applicable)
- Credit card for medication and your co-pay

**Please leave any valuables (i.e. jewelry) at home.**

## Day Before and Morning of Surgery

- The night before surgery – regular diet and hydration
- No solid foods, dairy products, or pulp-based juices (i.e. orange or grapefruit juice) after midnight
- Patients may drink approved fluids until they leave their home for the hospital (approximately three hours before surgery)

## Approved Fluids

- Water
- Gatorade or other clear sports drinks
- Apple and cranberry juice
- Black coffee\* (no cream or dairy)

Fluids other than those noted above are not acceptable and will result in the surgery being canceled.

\*On the morning of surgery patients may have one cup of black coffee before leaving home. No milk, cream or dairy substitutes may be added to the coffee otherwise surgery will be canceled.

# Road to Recovery and Your Hospital Stay

## Day of Surgery

When you check in on the day of surgery, you will be asked to put a gown on and your nurses will check your health status. Your family or friends may remain with you for a portion of time, up until your surgery.

You will talk with an anesthesiologist who will manage your health during the procedure. The anesthesiologist will discuss medications and pain management options with you.

When you leave for surgery, your family and friends may wait in our waiting room.

Once your surgery has been performed, you will be in the recovery area for at least another two hours. We will be checking your vital signs frequently before you go to your private room on the inpatient unit.

Family members have the option of staying with the patient while on the inpatient unit.

---

### Sample Patient Day-of-Surgery Schedule\*

Prep for Surgery	1-2 hours
Surgery	1-4 hours
Recovery (PACU)	2-4 hours
Total Wait Time for Family/Friends	4-10 hours

\*Times in table are estimates. Actual wait times may vary.



## After Surgery

Your recovery begins immediately after surgery when you are brought to the recovery room. Our team is monitoring you to ensure that your pain is under control, that you are able to tolerate fluids, and that you are able to urinate.

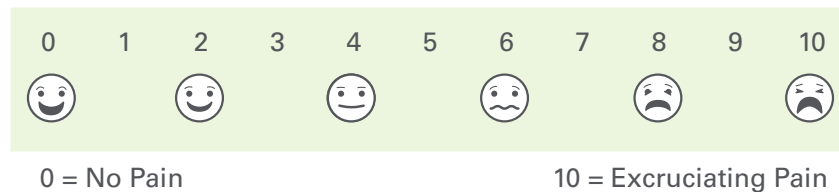
Most of our patients leave the day of to 1 day after surgery, therefore, the main focus of your recovery is centered around comfort, walking, and safety.

## Pain Management: Keeping You Comfortable

The goal of pain management is to make you as comfortable as possible. Staying ahead of the pain will make your recovery much more manageable so it is important to ask for pain relief when pain begins and is still tolerable. This is achieved through ice, elevation and a combination of pain relief medications.

To help minimize your pain after surgery you will be asked to rate the intensity of your pain through the use of a pain scale of 0-10.

### Pain Measurement Scale



Knowing that after surgery, 0 is not a reasonable expectation, a score between 4-5 is our goal and an acceptable score for most patients.

**Controlling pain during post-op is critical. Please ask for pain relief while the pain is still tolerable.**

## Call...Don't Fall!

**After joint replacement surgery, all patients are at a very high risk to fall - no matter your age or physical ability.**

After surgery, all patients have muscle weakness in the affected leg. You may feel better and think "I can stand on my own" but find that you're very unsteady. You will be asked to sign a pledge stating that you are aware that you are at a risk to fall and promise to give us a call anytime you need to get in or out of bed, a chair or the bathroom so that we may assist you.

Our "Call...Don't Fall" program ensures that all patients receive the assistance needed to prevent any injuries from falls. This is very important as your body has not yet healed from surgery. Although you feel as if you are able to walk and be mobile on your own, you will need help.



# Preventing Post-Surgical Complications

## Blood Clot Prevention

All patients are at a higher risk for blood clots after surgery, which is why blood clot prevention is an extremely important part of your surgery and your post-surgical recovery.

During your hospital stay, we use a combination of several steps to prevent blood clots.

### 1. Ambulation

Walking is essential to preventing blood clots. Our goal is to have you walking shortly after surgery and frequently throughout your stay.

### 2. Foot Pumps

Foot pumps are used to help the blood flow in your legs and prevent blood clots from forming. It is important that patients wear them as much as possible when sitting and lying in bed.

### 3. Medications

Most patients are treated with Aspirin. However, it is important that we evaluate your risk for blood clots. After some simple questions, we will be able to advise you on the best medication for blood clot prevention.

# Caring for Your Incision

Being vigilant for signs or symptoms of infection is an important part of your recovery.

During your hospital stay, our team will educate you on the proper way to care for your incision to ensure that your new joint is protected from any contaminants.

You will receive instructions when discharged on how to care for your bandage.

# Lung Exercises

Preventing Pulmonary Complications: Using your incentive spirometer after surgery will improve lung function and help keep your lungs clear after surgery and prevent pneumonia.

A member of our care team will review how to use the incentive spirometer.

# Ancillary Services

## **Meds2Go Discharge Medication Program**

Meds2Go is a program offered through Arrow Pharmacy at Saint Francis Hospital and Medical Center.

This is an optional program, offered solely for your convenience.

### **The Benefits Include:**

- Leaving the hospital with your prescriptions
- Pharmacists are available to answer any questions you may have

Arrow Pharmacy accepts most prescription insurance plans and will bill your insurance provider directly. You will be responsible for any co-payments for your medications.

You can continue using Arrow Pharmacy for refills, or you can have your prescriptions transferred to your local pharmacy.

## **Hip Kits**

Patients having total hip surgery may need to acquire a hip kit. Contact your surgeon to ensure that this is the best option for you.

**For more information on where to purchase hip kits, please reference page 23.**

# Integrative Medicine

Integrative Medicine focuses on assisting patients throughout their healing process – spirit, mind and body – to relax, sleep better and expedite healing.

## **Prior to Surgery**

“Prepare for Surgery, Heal Faster” classes are available pre-surgery. Studies show that people, who prepare for an operation, use 23-50% less medication, have fewer complications, recover sooner and reduce length of hospital stay.

**Please contact Integrative Medicine at 860-714-4450 for more information. There is a cost associated with this class.**

## **Complimentary Relaxation Session**

You can schedule a complimentary relaxation session to be given in the pre-operative area to reduce anxiety and prepare you for your healing process.

**Contact Integrative Medicine to schedule at (860) 714-4450 at least 24-hours prior to surgery.**

While on the inpatient unit, CJRI offers complimentary Integrative Medicine sessions. These include reflexology, soft touch hand massage, or a gentle neck or back massage. Bodywork can benefit blood pressure, circulation, and muscle tone as it boosts the circulatory and immune systems. The touch of massage is an instinctive gesture of comfort and relaxation.

# Pastoral Care

Members of the Pastoral Care staff provide an important dimension of total patient care. Saint Francis believes in serving the total health needs of all patients and their families. Our Chaplains provide spiritual care and comfort to you and your loved ones, just as physicians and nurses care for your physical health.

## Visitation by a Chaplain is available to patients and families of all beliefs and faith traditions.

- Let your nurse know if you would like to see a Chaplain or contact Pastoral Care at 860-714-4308
- For emergencies after 4:00 p.m. and on weekends & holidays, dial "0" from within the hospital and ask for the on-call Chaplain
- At your request, your own faith community leader can be notified of your hospital admission

## Space is available for prayer and reflection.

- The chapel on the 2nd floor of Building 3 is open to all 24 hours a day, 7 days a week
- The reflection room on the 4th floor of Building 1 is open to all 24 hours a day
- The mosque, a prayer room for our Muslim brothers and sisters on the 3rd floor, is open to all 24 hours a day
- Additional space is available upon request

## Liturgical Services for Roman Catholic Faith

- Holy Communion is distributed to patient rooms Sunday through Friday
- The Sacraments of Reconciliation and Anointing of the Sick are available upon request
- Daily Mass is celebrated in the Saint Francis Chapel at 6:20 a.m. daily and noon on Sunday. Mass can be viewed on Channel 4

## Services for Other Faith Traditions

- Communion from the Protestant Chaplain is available for Protestant patients upon request
- Shabbat candles and kosher meals are available for Jewish patients upon request

The Pastoral Care staff can assist in finding resources for patients of other faiths. Please contact them at 860-714-4308 or dial "0" after 4:00 p.m. and on weekends.

# Durable Medical Equipment (DME)

**As you recuperate at home, most likely you will need durable medical equipment (a walker, cane and/or crutches, etc.).**

Saint Francis Hospital and Medical Center has contracted with a company that provides durable medical equipment needed by patients for their recovery process.

You will be required to sign a form allowing this company to bill your insurance company. The form states that you are responsible for any remaining balance your insurance company does not cover. You will receive a bill for that outstanding balance.

You can also obtain the necessary equipment needed prior to surgery from a local medical supply store, from a friend/relative that has undergone joint replacement, or from an online retailer such as Amazon. If you purchase or borrow DME in advance - except for raised toilet seats - please bring it with you the day of surgery so you can be trained on proper use.

A hip kit can be purchased at Arrow Pharmacy, here at the hospital. An option is to purchase the kits to be picked up during discharge on the way to the garage. This can be done during normal business Monday-Friday, or from Arrow Pharmacy's Farmington Avenue location on Saturdays:

500 Farmington Avenue  
Hartford, CT  
860-522-9289

**Contact your surgeon to determine the equipment most appropriate for you.**

# Transition to Home

## Discharge

It is very important to have a plan in place for when you leave the hospital. Your CJRI healthcare team and surgeon will work with you and your family to ensure a smooth transition to home.

## **You will have a dedicated nurse case manager who will assist you to:**

- Coordinate discharge planning with your family, surgeon, insurance provider and members of your CJRI healthcare team
- Ensure that care services are in place before you leave CJRI

## **Additional helpful information:**

Plan to have transportation arranged for every day that you are in the hospital, so that you may go home as soon as your healthcare team determines that you are ready to go home.

Ensure that you have family or friends staying with you when you first return home. Discuss your plans with your surgeon and case manager.

# Tips for a Successful Recovery

**Rehabilitation is an integral component to your recovery after surgery.**

Our specially trained nursing staff or physical therapists will assist you in regaining your independence, flexibility and strength. We emphasize early and frequent mobilization on the unit, we will provide you with tools to reach your optimal mobility.

Each CJRI patient floor has a rehabilitation gym, outfitted to assess your equipment needs for home, practice tub transfers, and instructs you in safe stair climbing.

After discharge, it's very important that you follow your surgeon's instructions to a successful post-operative recovery. Our clinical team will instruct you on an individualized exercise program to keep you focused on your goals. If you go directly home after surgery, your rehabilitation may include a home exercise regimen, home care or outpatient services. Your surgeon and your case manager will assist you in selecting the right path.

# Mobility and Exercises

## **Rehabilitation After Total Joint Replacement**

Moving is critical to a successful recovery. While rehabilitating at CJRI, you will focus on walking, climbing stairs, getting in and out of bed, exercising, and precautions.

### **Walking**

Walking is one of the best exercises to assist in your recovery from joint replacement surgery. Your first steps will often be taken using a walker. As your motion, strength, and endurance improve, your surgeon may allow you to walk with a single cane or crutch. Your goal is to regain enough strength and flexibility to eventually walk without the use of an assistive device.

### **Stair Climbing**

The ability to go up and down stairs requires strength and flexibility. It is best practice to have a handrail at home. Plan to install one prior to surgery if not present. Your physical therapist can modify the technique if you have no rails; however, we ask that you have assistance available if no rails are present. Always lead with your non-operated leg (good) going up the stairs, and your operated leg (bad) when going down the stairs.

**Remember when going up and down the stairs: "up with the good, down with the bad."**

## Lying in Bed

When lying on your back, avoid placing a pillow directly under your knee as this promotes tightness. Instead, place a pillow underneath your lower leg or ankle and elevate as shown in the picture below.

It is best practice to lie on your back after surgery. If you do lie on your side, place an extra pillow between your knees and possibly between your ankles, as well. This provides the necessary support, and cushions your operated leg placing it in a comfortable position. Your physical therapist or nurse will review which side it is safe to lay on based on your surgeon's instructions.



# Exercises After Total Hip Replacement Surgery

## The goals of your exercise program are:

- To reduce pain and swelling in the hip joint
- Increase flexibility of your hip joint
- Achieve full range of motion
- Restore strength of the muscles around the hip joint, improving overall endurance

Do not hold your breath while exercising. Perform all exercises that require you to lie down on your bed.

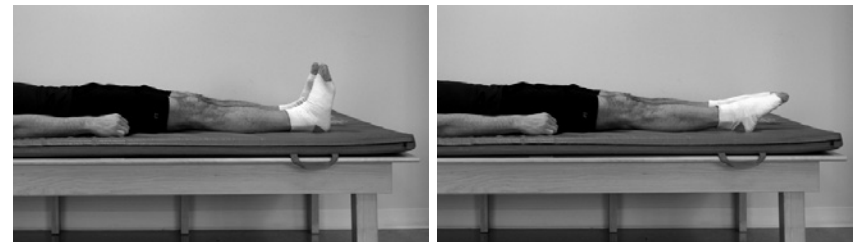


### HIP FLEXOR STRETCH

Lay flat down on your back with one small pillow under your head. Relax in this position by allowing your hip to fully straighten. You will feel a stretch in the front of your hip. Ice your hip while stretching in this position for 15-20 minutes, as tolerated.

### ANKLE PUMPS

Move your foot up and down as shown above. May be performed lying down or sitting. 10 repetitions/hour.





### QUAD SETS

Lie with your leg extended. Try to push your knee downward. (You should feel the muscle in the front of your thigh tighten). Hold this position for 3-5 seconds. 10 repetitions/hour.



### BUTTOCK SQUEEZES

Lie on your back with legs straight. Squeeze muscles of your buttocks together.

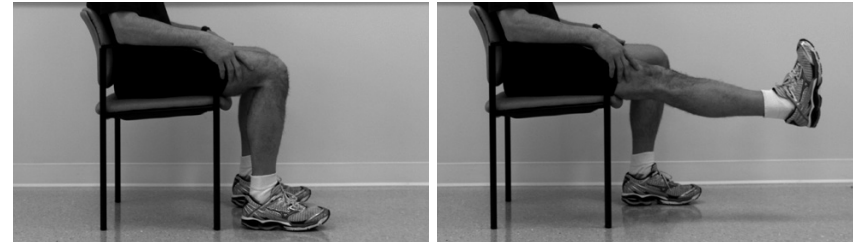
### HEEL SLIDES

Lie on your back with your legs straight. Bend your knee by sliding your foot upwards until you feel a gentle stretch. Your home physical therapist will discuss safe range of motion for you to perform. 10 repetitions/hour.



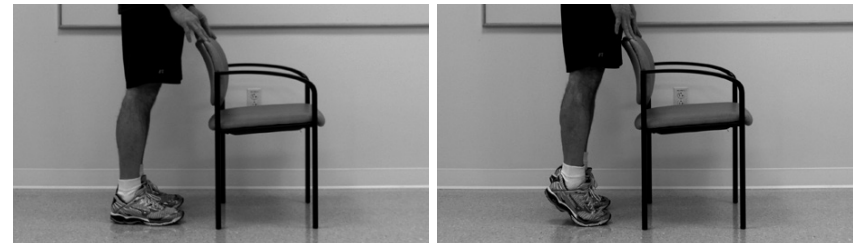
### KNEE EXTENSIONS (KICKS)

Sit in a chair with your knees bent. Lift your foot off the floor. Return to the starting position and repeat. To be performed at the discretion of your surgeon and home physical therapist.



### HEEL RAISES

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a surface to hold onto with both hands. Raise up on your toes. Return to the starting position. To be performed at the discretion of your surgeon and home therapist.



### STANDING HIP

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a secure surface to hold on to with both hands. Raise your leg up, letting the knee bend. Do not bend past a 90-degree angle. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.





## STANDING LEG SWING

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a secure surface to hold on to with both hands. Lift your leg straight out in front of you. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.



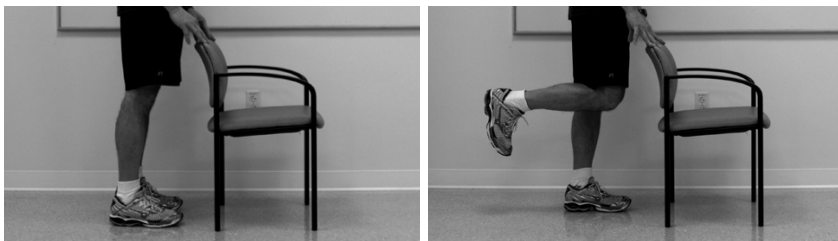
## SIT TO STAND

Sit in a chair that has arm rests. Place your hands on the arm rest of the chair and push yourself upwards to stand using your legs to lift you up. To sit back down, place your hands on the arm rests of the chair and slowly lower yourself to a seated position. To be performed at the discretion of your surgeon and home physical therapist.



## STANDING KNEE BEND

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a secure surface to hold onto with both hands. Bend your knee behind you as far as possible. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.



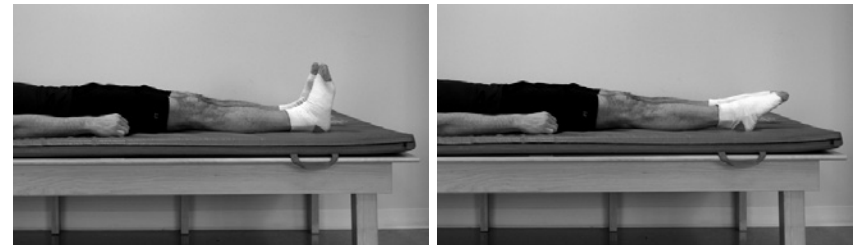
# Exercises after Total Knee Replacement Surgery

The goals of your exercise program are to reduce pain and swelling with the knee joint; increase flexibility of your knee joint; achieve full range of motion; and restore strength of the muscles around the knee joint, improving overall endurance.

**Do not hold your breath while exercising. Perform all exercises that require you to lie down on your bed.**

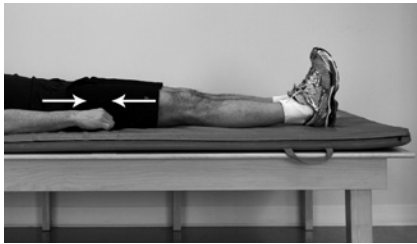
## ANKLE PUMPS

Move your foot up and down as shown above. May be performed lying down or sitting. 10 repetitions/hour.



## QUAD SETS

Lie with your leg extended. Try to push your knee downward. (You should feel the muscle in the front of your thigh tighten). Hold this position for 3-5 seconds. 10 repetitions/hour.



### BUTTOCK SQUEEZES

Lie on your back with legs straight. Squeeze muscles of your buttocks together.

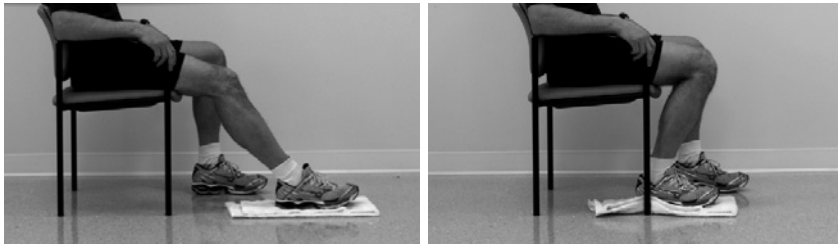


### EXTENSION STRETCH

Lie on your back with a towel under your ankle. Relax in this position by allowing gravity to straighten your leg. Ice your knee while stretching in this position for 5-15 minutes, or as tolerated.

### TOWEL SLIDES

Sit in a chair with your legs bent as shown. Place a towel under your operated leg. Slide your foot back until you feel a gentle stretch. Hold this position for 15-30 seconds. Return to the starting position. Perform exercise for 1 minute, 5 times/hour.



### CALF STRETCH

Sit with knee straight and a towel looped around the foot. Gently pull on the towel until you feel a stretch. Hold stretch for a count of 30 seconds.



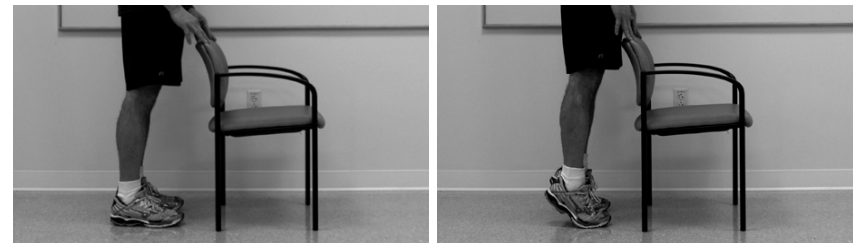
### HEEL SLIDES (WITH SHEET)

Lie on your back with your legs straight. Wrap a sheet around your foot as shown and hold onto the ends with both hands. Bend your operated knee by sliding your foot upwards. Gently pull knee up with the sheet until you feel a stretch. Perform exercise for 1 minute, 5 times/hour.



### HEEL RAISES

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a surface to hold onto with both hands. Raise up on your toes. Return to the starting position. To be performed at the discretion of your surgeon and home therapist.



### STANDING HIP FLEXION

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a secure surface to hold on to with both hands. Raise your leg up, letting the knee bend. Do not bend past a 90-degree angle. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.



### SITTING EXTENSIONS (KICK)

Sit in a chair with your knees bent. Lift your foot off the floor and straighten the knee fully. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.



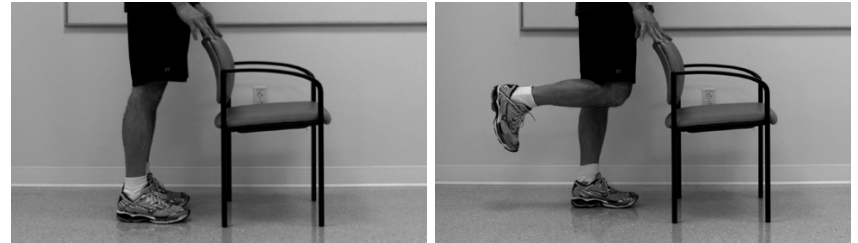
### STANDING LEG SWING

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a secure surface to hold on to with both hands. Lift your leg straight out in front of you. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.



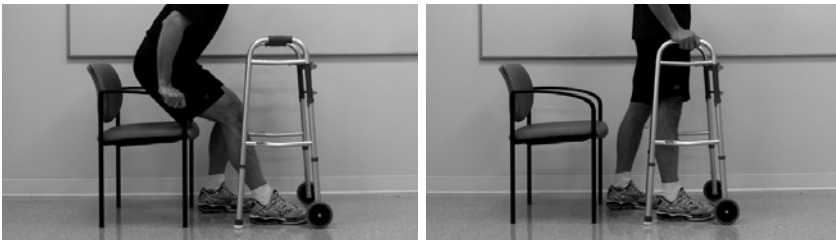
### STANDING KNEE BEND

Stand with your feet flat on the floor, shoulder width apart. Ensure that you have a secure surface to hold onto with both hands. Bend your knee behind you as far as possible. Return to the starting position. To be performed at the discretion of your surgeon and home physical therapist.



### SIT TO STAND

Sit in a chair that has arm rests. Place your hands on the arm rest of the chair and push yourself upwards to stand using your legs to lift you up. To sit back down, place your hands on the arm rests of the chair and slowly lower yourself to a seated position. To be performed at the discretion of your surgeon and home physical therapist.



# Tips for a Successful Shoulder Recovery

**Making simple changes in your home before surgery can make your recovery period easier and safer.**

For the first several weeks after surgery it will be hard to reach high shelves and cupboards. Before your surgery, be sure to go through your home and place any items you will need on lower shelves or even the counter tops.

**Other arrangements that you should make prior to surgery are:**

- Prepare microwavable meals
- Stock up on nutritious ready-made meals
- Remove scatter rugs
- Reduce and/or eliminate clutter which can be a safety hazard
- Organize your clothes, closets and drawers for easier access
- Wear loose-fitting stretchable clothing with no/minimal fasteners
- Consider shirts with button front or with large neck openings

When you come home from CJRI, you will need help for a few weeks with some daily tasks like bathing, dressing, undressing.

## **Do:**

- Wear your sling as instructed
- Ice as indicated by your surgeon and/or therapist
- Follow the exercise program prescribed for you
- Ask for assistance
- Any light housework/activity you can do with one hand
- Use your non-surgical arm to do all the work

## **Don't:**

- Use your operated arm to push up in bed or from a chair because this requires forceful contraction of muscles
- Lift anything - no lifting with your operative arm for 6-8 weeks
- Pull with your operative arm
- Place your arm in any extreme position, such as straight out to the side or behind your body
- Rotate your arm outward or away from your body

# Rehabilitation After Total Shoulder Replacement Surgery

Even though shoulder joint replacement is less common than knee or hip replacement, it is just as successful in relieving joint pain. The key to your recovery after surgery is managing pain and following your surgeon's specific instructions.

After surgery, your operated arm will be immobilized at your side with the use of a specialized sling, known as an ultrasling, which has a supportive pillow. Based on the surgical technique, you may begin gentle therapy on the first day post-operatively. Sling immobilization is enforced during the early rehabilitation phase. However, your surgeon may allow you to begin a specific and personalized exercise program. An occupational therapist will instruct you on which exercises you may begin for your shoulder, elbow, wrist and/or hand. Progression to more advanced exercises to improve strength and flexibility will occur under the direction of your surgeon.

Most patients are ready to go home within the first two days after surgery. In the hospital, our goal is to help promote function and protect your new shoulder from wear-and-tear of daily activities. The occupational therapist will teach you how to manage your sling (taking it off and putting it on) and perform modified bathing, dressing, undressing and toileting since you will be using only one arm for a while. If needed, physical therapy will also work with you to ensure independence with transfers and ambulating.

## Notes

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---





For more information on our celebrated outcomes,  
visit [mycjri.com](http://mycjri.com)

**Thank you for choosing CJRI!**

**Connecticut Joint Replacement Institute**

114 Woodland Street  
Hartford, CT 06105