

# Welcome to Lovelace Women's Hospital "PREHAB" Program

The purpose of this session is to provide with information about your upcoming Total Joint Replacement surgery. We hope to make your hospital stay and recovery as smooth as possible!

During the Prehab session, the topics that will be covered:

1. Things you should do before your surgery to prepare yourself and your home.
2. A general outline of your hospital stay and recovery period.
3. The discharge options that may be available to you.

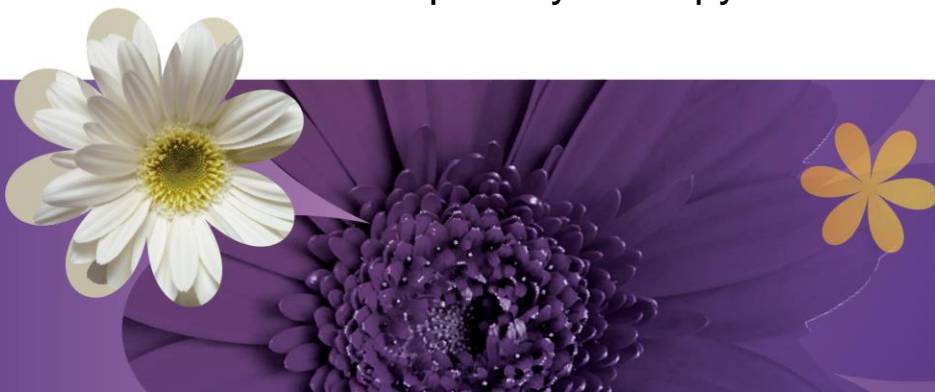
Homework reminders to work on before your surgery that will be covered in Prehab are:

1. Prepare your home! – move furniture, loose rugs, etc. for **SAFETY**. Find a "good" stable chair to sit on with arms.
2. CHAIR PUSH-UPS! – to improve your arm strength.
3. Identify someone to act as your caregiver after discharge from the hospital.

Please feel free to contact us if you have any other questions about your surgery.

Contact numbers:

Physical Therapy – 505-727-4656  
Case Management – 505-727-7023  
Respiratory Therapy – 505-727-7879



# Lovelace Women's Hospital – Prehab

## FAQ's

### **Nursing:**

What to bring with you the day of surgery.....

- Light weight clothing (shorts or PJ bottoms), loose fitting shirts, comfortable clothing
- House shoes that won't slide.
  - Avoid using slip-ons that may cause you to trip.
- Comfortable socks.
- If you have a front-wheeled walker at home bring it. Our Physical Therapists will make sure that it is still in good condition and right for your use. If not a front-wheeled walker will be issued to you.
- Personal items i.e. deodorant, denture paste, glasses, dentures, hearing aids, cell phone, etc.
  - The hospital does have toothpaste, tooth brush, lotion, combs

CPAP if you have one.

Medication list

**DO NOT BRING** items such as jewelry, radios, DVD or CD players etc... Your things will be left with your family or caregiver in the surgery waiting room while you are in surgery. They will be taken to your room when you are ready.

### **Respiratory:**

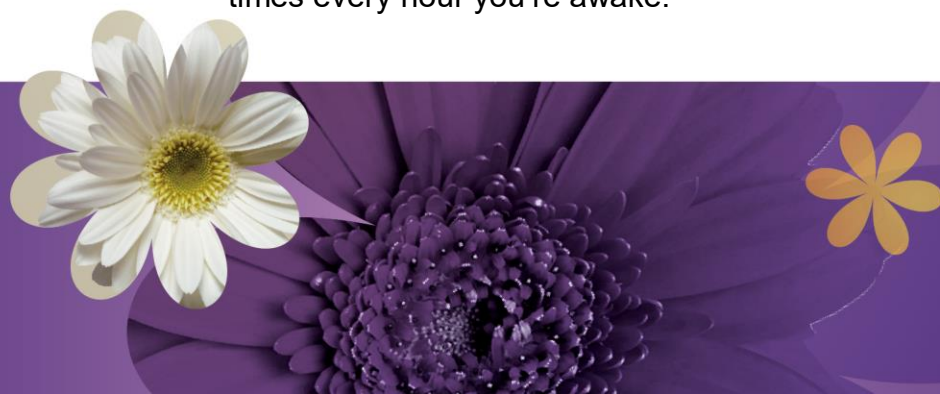
Post-op orthopedic patients, typically, will receive an Incentive Spirometer and/or be on oxygen through the night. If the patient is on oxygen, Respiratory Services will send a Respiratory Therapist to see them twice a day.



### How to use an incentive spirometer:

To properly use an incentive spirometer, you should:

1. Sit on the edge of your bed if possible. If you can't, sit up as far as you can in bed.
2. Hold the incentive spirometer in an upright position.
3. Place the mouthpiece in your mouth and tightly seal your lips around it.
4. Breathe in as slowly and deeply as possible. You'll notice a yellow piston rising toward the top of the column. The yellow piston should reach the blue outlined area.
5. Hold your breath for as long as possible, or at least five seconds. Exhale slowly and allow the piston to fall to the bottom of the column.
6. Rest for a few seconds, and then repeat the first five steps at least 10 times every hour you're awake.



7. Place the yellow indicator on the side of your incentive spirometer to show your best breath. Use the indicator as a goal to work toward during each slow, deep breath.
  8. After each set of 10 deep breaths, cough deeply to clear your lungs.
- If you feel dizzy or lightheaded at any point while using an incentive spirometer, immediately stop using the device and alert your nurse.

**Case Management:**

Often patients will need home health for Physical Therapy and Occupational Therapy.

There will be patients that will:

1. be able to go home and be followed in an outpatient clinic for PT/OT and will hopefully have assistance at home, or hire assistance through a caregiving agency. Personal care assistance (like with dressing, bathing, cooking and cleaning of homes is not generally a covered benefit and would be an out of pocket pay)...
  - a. Some patients have a Long-Term Care Policy and they can exercise the use of that for the above, They have to pay for it first generally so they should set this up as early as possible if they have such a policy.
2. have to have home health come to their homes for PT/OT and if they need blood work drawn the home health agencies can do that w/a MD order, This is covered by insurance.
3. have to stay the night on the medical surgical unit either in an extended recovery status or observation status, covered by insurance if medically necessary.
4. have case management involvement for durable medical equipment "DME" (walkers, wheelchairs most often) while in the hospital
5. will need to have a short stay either in acute inpatient rehab (patients must be able to tolerate 3 hours of therapy a day to qualify for acute rehab) or even go to a Skilled Nursing Facility "SNF" (must be able to tolerate 1 hour of therapy a day).



## Dietary:

- Create a balanced plate
- Keep healthy snacks on hand
  - Cheese, fruit, vegetables, nuts, raisins, yogurts, etc.



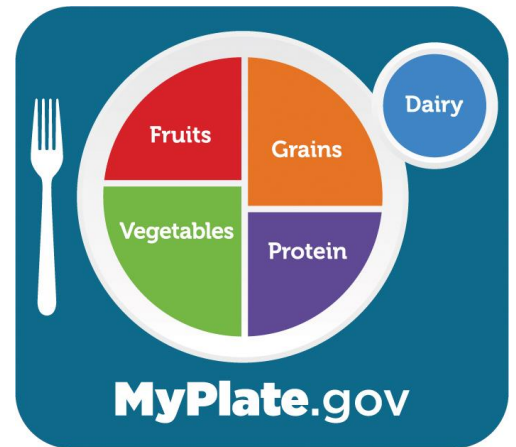
- Consider liquid nutritional supplements if your appetite is decreased

- Ensure, Boost, Carnation Instant Breakfast, or home-made protein shakes, etc.



## Dietitian Notes:

- Liquid to regular – diet as tolerated. If you are getting liquid trays and you do not have nausea, let the nursing staff know so that the diet can be advanced to a regular diet. When on a regular diet, a menu will be provided to fill out. If the items on the menu do not appeal to you, you can write in simple requests.
- If your appetite is poor, nursing staff can provide nutritional supplements (ex. Ensure) or snacks if needed.
- Please notify the nursing staff of any food allergies (ex. eggs, milk, nuts, etc.) so that they can inform the kitchen.
- Also, notify the nursing staff if you follow a special diet such as vegetarian, kosher, and/or gluten free so that they can inform the kitchen.





**Start simple**  
with MyPlate



## Healthy Snacking With MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on a snack, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, plain popcorn, or a sprinkle of chocolate chips.



### Prep ahead

Portion snack foods into reusable containers when you get home from the store so they're ready to grab-and-go.



### Make it a combo

Use the food groups to build a satisfying snack: yogurt and berries, apple with nut butter, or whole-grain crackers with turkey and avocado.



### Eat vibrant vegetables

Try raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, guacamole, or a low-fat yogurt sauce.



### Wash and enjoy

Apples, pears, grapes, and fresh berries are great go-to snacks when you are looking for a quick sweet treat.



### Stock your fridge

Keep cut up fruits and vegetables visible and within reach in the fridge for a convenient anytime snack.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

**The benefits of healthy eating  
add up over time, bite by bite.**

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## Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



### Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



### Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



### Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



### Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



### Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



Go to [MyPlate.gov](https://www.MyPlate.gov) for more information. USDA is an equal opportunity provider, employer, and lender.

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# Physical Therapy

## **Preparing your Home:**

1. Pick up any throw rugs or items off floors
2. Make sure there is two feet or more of clearance for walkers where you need to travel
3. Find a good, sturdy chair with arms and no wheels
4. Identify a caregiver to stay with you for at least several days after surgery

## **Normal Course of Therapy:**

- Post Op Day Zero – dependent on time and your limitations, Physical Therapist will come in and see you.
  - o Will sit at side of bed – if feeling okay, will progress to standing with walker, and if continuing to feel okay, will progress further and if safe, may ambulate some distance.
  - o Limitations are not typically the hip or knee but nausea, dizziness, sleepiness or spinal anesthetic has not worn off
- Post Op Day 1 and On – PT will see you twice a day.
- Functional Mobility
  - o Bed mobility
  - o Sit to Stand from bed and chair
  - o Ambulation (walking)
  - o Stairs (if appropriate)
  - o Car transfers (if needed)

## **Discharge:**

- Discharge to home – when therapy goals are met, pain is controlled and able to urinate
- May go home with Home Healthcare or an order for outpatient physical therapy
- If unable to meet therapy goals, may be recommended for Skilled Nursing Facility (SNF) or Acute Rehab. Case management will assist with the follow-up arrangements and assist with obtaining a front-wheel walker.





### Walking with a Walker:

1. Place the walker about one step ahead. Be sure to place all four legs of the walker on the ground firmly.
2. Step forward first with your operated leg. This lets you limit the amount of weight you put on your operated leg. Walk halfway into the walker with your first step.
3. Your second step will be with your non-operated leg. You can take a full step with this leg but, you should never step past the cross bar of the walker.



### Car Transfer:

1. Open the door of the car and safely walk back to the car with the walker.
2. When possible, use a 4-door car. Enter on the same side as your operated knee. For example, if your operate knee is your left, enter on the rear drivers side.
3. Lower yourself slowly to the seat, making sure with one hand to feel for the seat.
4. If you are entering the passenger's side, move the seat as far back as the seat will allow so that you can rotate in.
5. Rotate yourself so that you are facing the front and attach your seatbelt.





## Total Knee Replacement Exercises

These exercises should be done 2-3 times a day on a firm surface. Take slow deep breaths while performing these exercises.

1. Ankle Pumps – Move your ankles by pulling your feet towards your head and then pushing your feet in the opposite direction. **DO THIS EXERCISE FREQUENTLY THROUGHOUT THE DAY!**



2. Gluteal Sets – Squeeze the muscles in your buttocks (pinch the buttocks together). Hold 5 seconds and repeat 10 times.



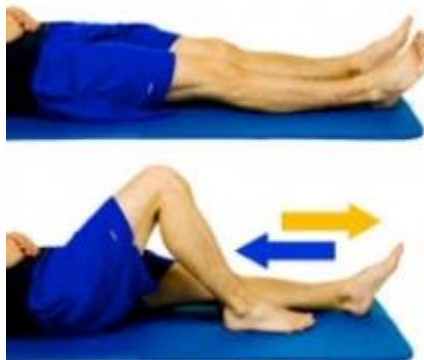
3. Quad Sets – Tighten the muscles on the top of your thighs by pushing the back of your knee down toward the floor and hold tight for 5 seconds. Repeat 10 times.



4. Hamstring Set – Tighten the muscles in the back of your thigh by pushing your heel into the floor. Do slowly and hold for 5 seconds. Repeat 10 times.



5. Heel Slides – Bend your knee as you slide your heel toward your buttock as far as possible, then straighten your leg so your knee is flat on the bed. Repeat 10 times.



6. Straight Leg Raise – Bend your NON-surgical knee so your foot is flat on the bed. Then on your surgical knee, tighten the thigh muscles and keep your knee straight and raise the entire leg off of the floor a few inches. Hold for 5 seconds and then slowly lower your surgical leg to the floor. Repeat 10 times.



7. Short Arc Quads – Place a rolled up towel or a pillow under your surgical knee so it bends slightly. Then tighten your thigh muscles and raise your heel off the floor. Hold 5 seconds and repeat 10 times.





## Sitting Push-Ups



**Purpose:** To strengthen your shoulders and arms. Also provides pressure-relief to your back side.

**Position:** Sit forward in a chair with sturdy armrests or in a wheelchair. Place your hands on the armrests or on the top of the wheels of a wheelchair (**BE SURE BRAKES ARE LOCKED**).

**Action:** Scoot to the edge of the chair. Push down with your arms and lift your bottom up off the chair.

**HOLD** – 5 seconds; **RELAX** and lower yourself gently back to the chair; **REPEAT** as tolerated.



## Recommended Equipment for your Home

### Shower Chairs



### Grab Bars



## Raised Toilet Seats



## Raised Toilet Seats with Arms



## Grab Bars by the Toilet



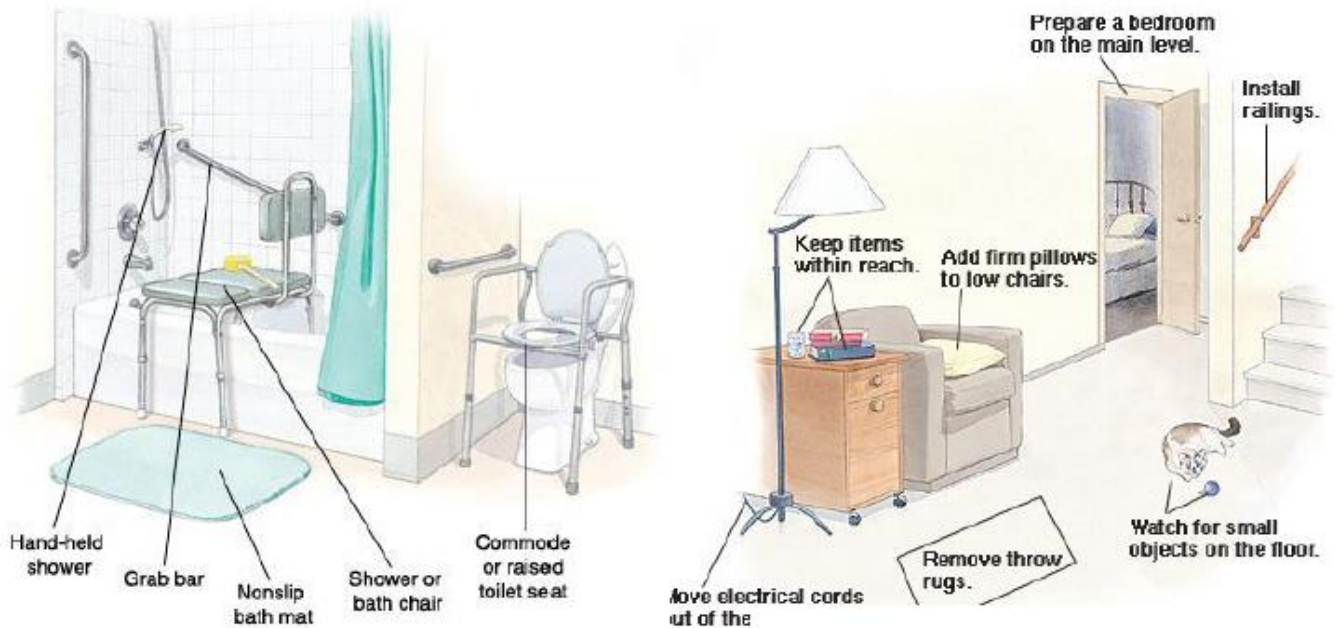
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# Occupational Therapy – Total Knee Replacement

Here are some suggestions that will help you with your daily activities during recovery.

- Sit in high chairs with arms
- Use a raised toilet seat with arms or grab bars near toilet
- Use a tub/shower chair and grab bars for bathing
- Use a sponge with long handle for lower body bathing
- Organize common use areas for optimum accessibility and function



- Prop your leg on a stool or use a sock aid for lower body dressing
- Use elastic shoelaces that are pre-tied to replace traditional shoelaces or wear shoes without laces



- Use a reacher to reach items far away
- Remove scatter rugs and any unnecessary furniture that might create obstacles
- Allow for at least 3 foot clearance
- Move cords out of your walking path



Thanks for your participation in our Prehab—Joint Education Program!  
We would appreciate it if you can fill out the attached survey through the link or  
you can scan the QR code.

Click the link below or SCAN the QR code at the bottom of this email.

This survey will help us to revise our program to be the most beneficial for our  
patients in the future.

Thank you!

Link: <https://forms.office.com/r/wDA4895J91>

