



**PREHAB**

**Total Joint Surgery Class**

**Lovelace**  
Women's Hospital

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.

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

# Prehab: FAQ's

## Nursing

What to bring:

- Light weight clothing
- IF you have your own front-wheeled walker
- Any personal items (hearing aids, cell phone, charger)
- CPAP (if you have one for sleep)
- Medication list

### **DO NOT BRING:**

- Large sums of cash
- Jewelry
- Radios
- DVD/CD players

## Prehab: FAQ's 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.



## Prehab: FAQ's Case Management

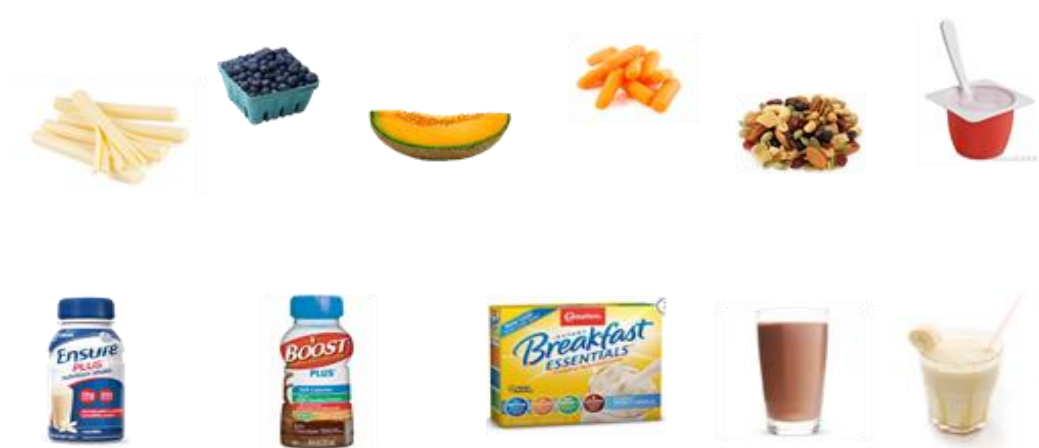
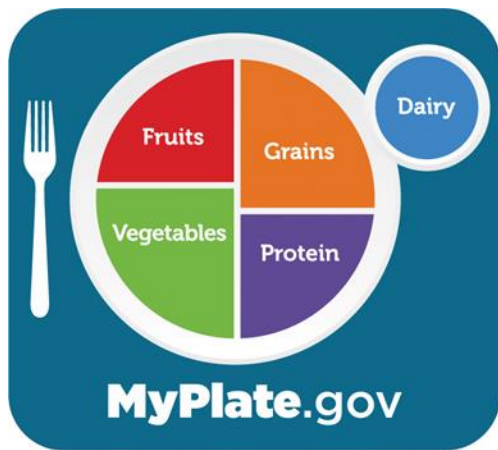
Case management will assist with the follow-up arrangements and assist with obtaining a front-wheel walker (if needed).

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.

# Prehab: FAQ's Dietary



# Physical & Occupational Therapy

First things first: Prepare your home!

## Normal Course of Therapy

- Post Op Day Zero
- Post Op Day One, Two...

## Functional Mobility

- We want to be able to see what you can do on your own & what we can work on you with.

# Physical Therapy – Exercises

These are listed in your Prehab packets as well.



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!**



## Physical Therapy – Exercises (cont.)



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

## Physical Therapy – Exercises (cont.)

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.



## Physical Therapy – Exercises (cont.)

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.



## Physical Therapy – Exercises (cont.)



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.

## Physical Therapy – Exercises (Cont.)



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.

## Physical Therapy – Exercises (Cont.)



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



## Physical Therapy – Exercises (Cont.)



Hip Abduction – Keep your leg straight and point your toe towards the ceiling. Slide your leg out to the side as far as you can. Then, slide your leg back to, but NOT past the midline of your body. Repeat 10 times, slowly!



## Physical Therapy – Exercises (Cont.)



**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.



# Physical Therapy

## Walking with a Walker



<https://youtu.be/uxio2MKNNU>

## Car Transfer



<https://youtu.be/Xd6N07-GHGU?t=72>

# Occupational Therapy Recommended Equipment for your Home

Shower Chairs



Raised Toilet Seats with Arms



Raised Toilet Seats



Total Hip Kit



Grab Bars



# Post-Prehab Class Survey

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

