

# Joint Replacement

## Post-hospital Discharge

Following discharge, knee replacement patients continue physical therapy on an out-patient basis. Hip replacement patients usually receive a week of in-home healthcare and up to three out-patient physical therapy sessions. Most patients resume their normal daily routine within six weeks after surgery.



The Center for Joint Replacement at Washington County Hospital has been offering comprehensive joint replacement since 1997. Over 2,300 surgeries have been performed to date. The program is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF). Washington County Hospital received a 100 Top Hospital award in Orthopaedic Success for its joint replacement program.

## Directions

**Washington County Hospital from Interstate 81** Follow I-81 to Exit 6A (Rt. 40 East). Stay in right lane and follow Washington Avenue (which becomes Washington Street). Continue through town and turn right onto Mulberry Street. Turn left onto Antietam Street. Washington County Hospital is on the right and the parking garage is on the left.

**Washington County Hospital from Interstate 70** Follow I-70 to Exit 32B (Rt 40 West). Follow Route 40 into Hagerstown and take a left onto Cleveland Avenue, then right onto Antietam Street. Washington County Hospital is on the left and the parking garage is on the right.



WASHINGTON COUNTY  
HOSPITAL

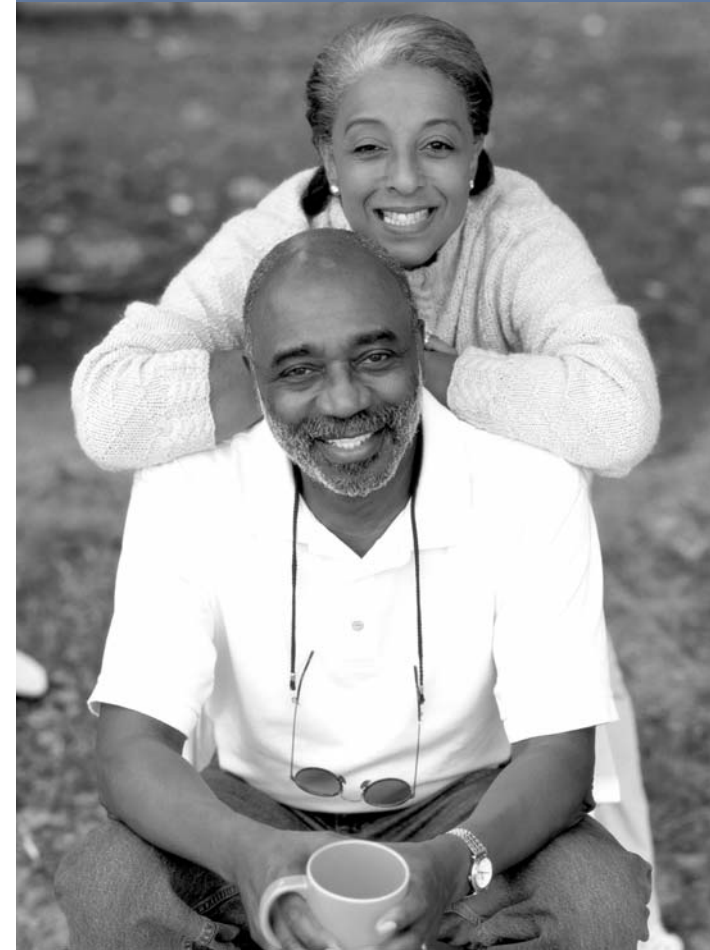
*Center for Joint Replacement*

### Center for Joint Replacement

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*Center for Joint Replacement*

The Center for Joint Replacement at Washington County Hospital is an integrated program dedicated to providing comprehensive preoperative education and preparation, and post-operative care for individuals needing total joint replacement.

### **Program Overview**

The Center provides care for patients having joint replacement surgery in an environment that promotes wellness, patient and family education, and encourages early rehabilitation.

The program incorporates a team approach to treatment involving a dedicated staff of orthopaedic surgeons, physical and occupational therapists, nurses, pharmacists, social workers and a case manager. Approximately 95% of patients return home in three days.



### **Group Therapy**

Patients progress through the entire program with a group of six to twelve other patients. The group attends pre-operative education sessions, shares meals in the Joint Center dining room, and frequently attends outpatient therapy as a group after surgery. Many patients feel the group approach gives them an additional support system. Some even develop enduring friendships and continue to stay in touch long after their treatment.

### **Personal Coach**

Prior to surgery, each patient chooses a personal “coach” who will assist them during treatment and throughout their recovery period. A coach can be a spouse, family member, or friend. Coaches assist the patient with exercises before surgery and attend physician and rehabilitation appointments with patients before and after surgery. They are taught how to help the patient with therapy while in the hospital and learn to assist the patient at home throughout their rehabilitation, as well as provide encouragement. The coach is an integral part of each patient’s joint replacement team.

### **Pre-operative Education**

Four weeks before surgery, patients and coaches meet with the case manager, physical therapist, occupational therapist, and social worker to begin



their education and preparation for total joint replacement. Patients who are informed about their surgical procedure and encouraged to take an active role in their recovery will typically return to a more active lifestyle much quicker after surgery.

Two weeks prior to surgery, patients and coaches visit the hospital for an orientation to the Center for Joint Replacement and receive further education from various healthcare providers about what to expect while in the hospital.

### **In-hospital Stay**

Patients, with the aid of a therapist, get out of bed the evening of surgery and are encouraged to walk in their room. Since the program focuses on wellness, patients dress in comfortable street clothes, rather than hospital gowns, share meals in a dining room and attend group and individual therapy sessions with their coach. Most patients return home within three days.