

Preparing for a Joint Replacement with Pre-operative Rehabilitation

Pre-operative rehabilitation is the program of activities aimed to prepare an individual for a total joint replacement surgery. Many health care professionals participate in this process by providing realistic expectations for surgery and instruction on adapting lifestyles and homes to assure safety and independence following surgery.



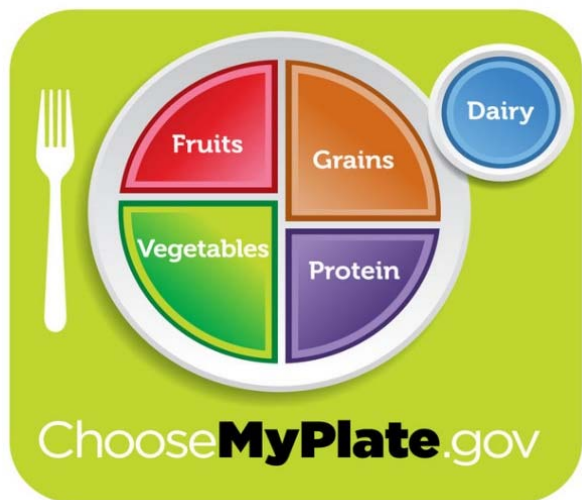
Research has shown that pre-operative rehabilitation may reduce a patient's hospital stay and decrease the chance of needing long-term inpatient rehabilitation following joint replacement.^{1,2}

Possible Benefits of Pre-operative Rehabilitation:^{1,3}

- ✓ Improved general health before surgery
- ✓ Social support
- ✓ Practice using assistive devices
- ✓ Education regarding self-care following surgery
- ✓ Progress overall strength
- ✓ Maintain functional levels
- ✓ Improve Quality of Life!

Pre-operative rehabilitation offers individual results. It is important to consult your surgeon about adding pre-operative rehabilitation to your care!

What can I do to prepare my body for a total joint replacement?



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Factors that will affect your body's response to and recovery from a total joint replacement:

Nutrition:⁴

- Eat foods rich in Calcium and Vitamin D (such as green leafy vegetables, fish, tofu, breads, and calcium-fortified drinks). This will keep your bones strong and your joints healthy!
- A diet rich in protein helps your muscles recover after injury. Eat foods such as fish, meat, beans, eggs, and nuts to keep your muscles strong.

Exercise:

- Talk with your surgeon or physical therapist about beginning an exercise program to prepare your body for the demands of surgery. It should include: muscle strengthening, stretching to the muscles around the involved joint, and aerobic exercise.
- Talk with your surgeon about beginning a weight loss program if appropriate.

References

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2. Rooks DS, Huang J, Bierbaum BE, et al. Effects of preoperative exercise on measures of functional status in men and women undergoing total hip and knee arthroplasty. *Arthritis Rheum*. 2006;55(5):700-8.
3. Da Silva RR, Santos AAM, de Sampaio Carvalho Júnior J, Matos MA. Quality of life after total knee arthroplasty: systematic review. *Revista Brasileira de Ortopedia*. 2014;49(5):520-527. doi:10.1016/j.rboe.2014.09.007.
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