

St. Mary's Joint Replacement Center offers a wellness-oriented program for people recovering from joint replacement surgery. Our approach focuses on achieving a high level of patient satisfaction and providing a comfortable, relaxed environment for optimal recovery.

Total Joint Replacement

Total joint replacement surgically removes the worn bones of an arthritic or injured joint, such as the hip or knee joint, and replaces it with an artificial joint called a prosthesis. The artificial joint is made of metal and plastic parts and allows the joint to regain its normal function. Joint replacement can reduce pain and stiffness, allowing greater freedom to move and function.

Reasons for Joint Replacement

Most people needing joint replacement surgery have joint damage from arthritis or injury. Hips, knees and shoulders are the joints that most commonly require replacement. Joint replacement is considered when other treatment options do not relieve pain or disability.

Specialized Care

Our team includes outstanding surgeons, physicians, nurses, occupational and physical therapists who are specially trained and dedicated to caring for patients receiving total joint replacement. We focus on providing support and encouragement, listening to patient concerns and empowering patients by providing them with the educational information they need for a speedy and smooth recovery.

Before Surgery

Before surgery, joint center participants receive a comprehensive orientation packet outlining how to prepare for surgery and what to expect on the day of surgery and during recovery following total joint replacement. Additionally, participants meet with the program coordinator. This pre-admission visit allows participants to ask questions and discuss preparation for and recovery from total joint replacement.

Recovering as a Team

Several people are scheduled for joint replacement on the same day. On the days following surgery, patients gather for group physical and occupational therapy, meals and relaxation classes. Patients recover together

encouraging one another and celebrating accomplishments together.

A physical therapist assists patients after surgery with sitting up in bed, standing and progressing to walking with the aid of a walker or crutches. Additionally, the therapist instructs patients in flexibility and strengthening exercises to restore joint movement and muscle strength. Stair climbing is practiced in preparation for the return home.

Homeward Bound

Patients return home with home health therapy services or outpatient therapy. We want our patients to resume their regular routines as quickly as possible.

For More Information

For more information on the center, please call **816-655-5354**.