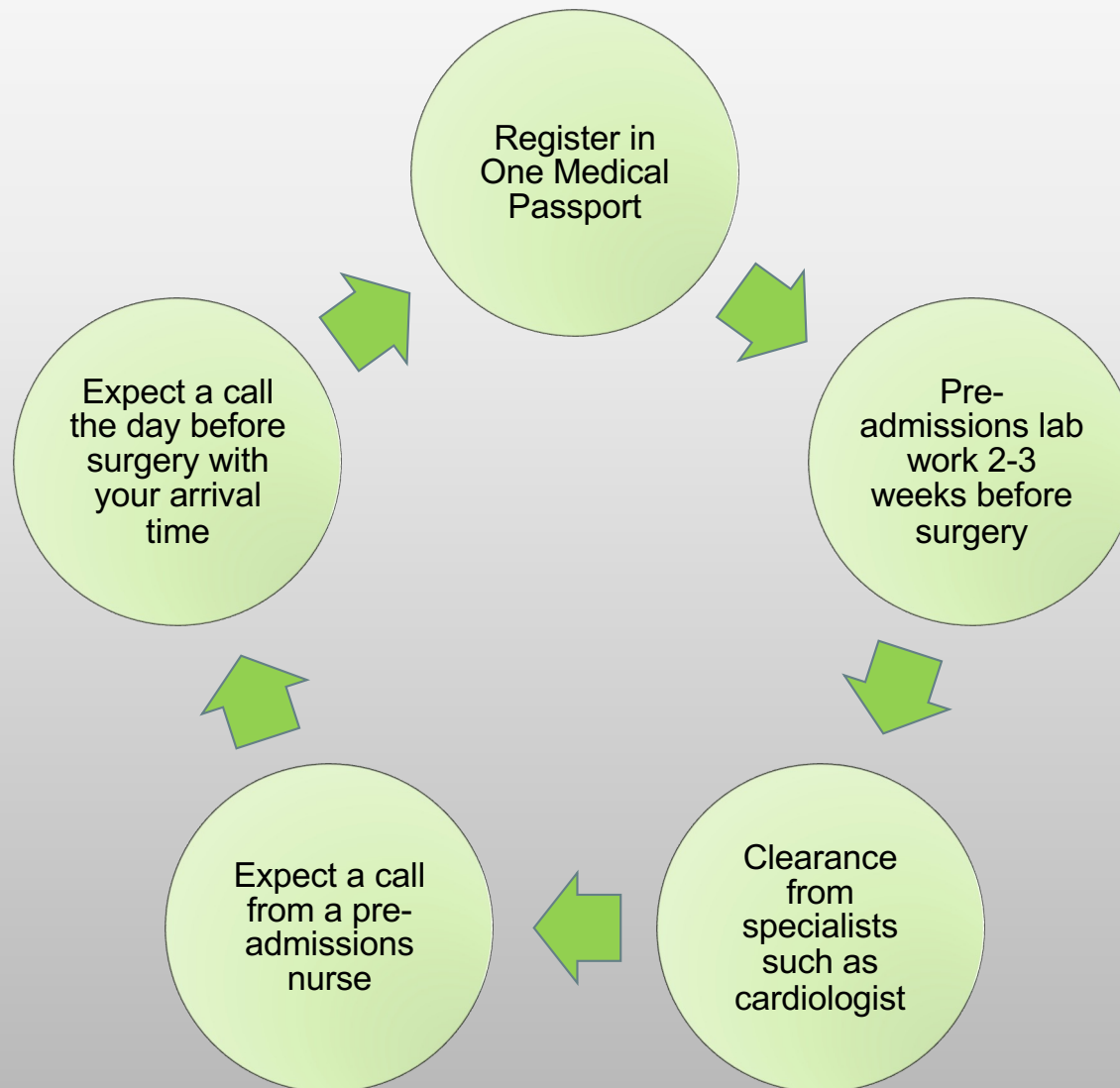




Joint Camp
Knee & Hip

What to Expect Once Surgery is Scheduled



One Medical Passport



The screenshot shows the One Medical Passport website interface. At the top left is the logo "ONE MEDICAL PASSPORT". To the right is a link for "Healthcare Professional Product Info". Below the logo, there is a "New to One Medical Passport?" section with a "Register" button and a right-pointing arrow. Below that is a "Welcome Back" section with a "Sign In to Your Account" button, followed by input fields for "Account username" and "Account password", and a "Sign In" button. A "Forgot username or password?" link is also present. In the center, there is a large image of a smiling female healthcare professional in blue scrubs holding a tablet. To the right of this image is a "Select Language" dropdown menu. Below the main content area, there is a "Have Questions?" section with a link to "View the patient overview video (2.5 minutes)". At the bottom left, there is a paragraph explaining that creating a username and password keeps the account secure, with a "Learn More" link. At the bottom right, there is a small inset image showing a video player interface with a play button and a progress bar.

ONE MEDICAL PASSPORT

Healthcare Professional Product Info »

New to One Medical Passport?
Patients, Register to Create an Account

Register >>

- OR -

Welcome Back
Sign In to Your Account

Account username

Account password

Forgot username or password? **Sign In**

Have Questions?
» View the patient overview video (2.5 minutes)

Creating a username and password keeps your account secure. » [Learn More](#)

Medical Passports are secure, online patient-controlled accounts that provide medical history information. Patients can send information to their healthcare team and easily update their Medical Passport for any subsequent procedures.

Select Language ▼

ONE MEDICAL PASSPORT

View the patient overview video (2.5 minutes)

- Access through our website:
<https://specialistshospitalshreveport.com/>
- Create an account
- Enter medical history & medications
- Can be done anywhere with internet access
- Complete this questionnaire at your convenience
- Assists hospital staff to order necessary test before surgery
- Allows the anesthesiologist to view your medical record to provide safer care

Pre-admissions Testing

- Hours: Monday through Friday 8:00-4:30
- No appointments are necessary
- Registration and lab are located on the Hospital's 2rd floor
- Expect your visit to take 30 minutes to 1 hour
- Please bring all medications in their original container
- You will have blood drawn and an EKG performed
- Lab needs to be drawn 2-3 weeks before your surgery

Clearance from Specialty Physicians

We may require additional clearance from your physician for certain medical conditions including the following:

- Heart disease or coronary artery disease including stents or a previous heart attack or stroke
- Respiratory disease such as COPD or Obstructive Sleep Apnea
- Kidney disease that requires dialysis
- Musculoskeletal diseases such as Parkinson's or Guillain Barre

Pre-admissions Phone Call

- Expect a call from a pre-admissions nurse
- Your medical history will be reviewed for accuracy
- Completing your One Medical Passport reduces the length of this phone call
- During this call you may be instructed to get physician clearance if necessary
- The day before your surgery you will receive a phone call notifying you of your arrival time.
- Arrival time is often an hour and a half before your surgery is scheduled

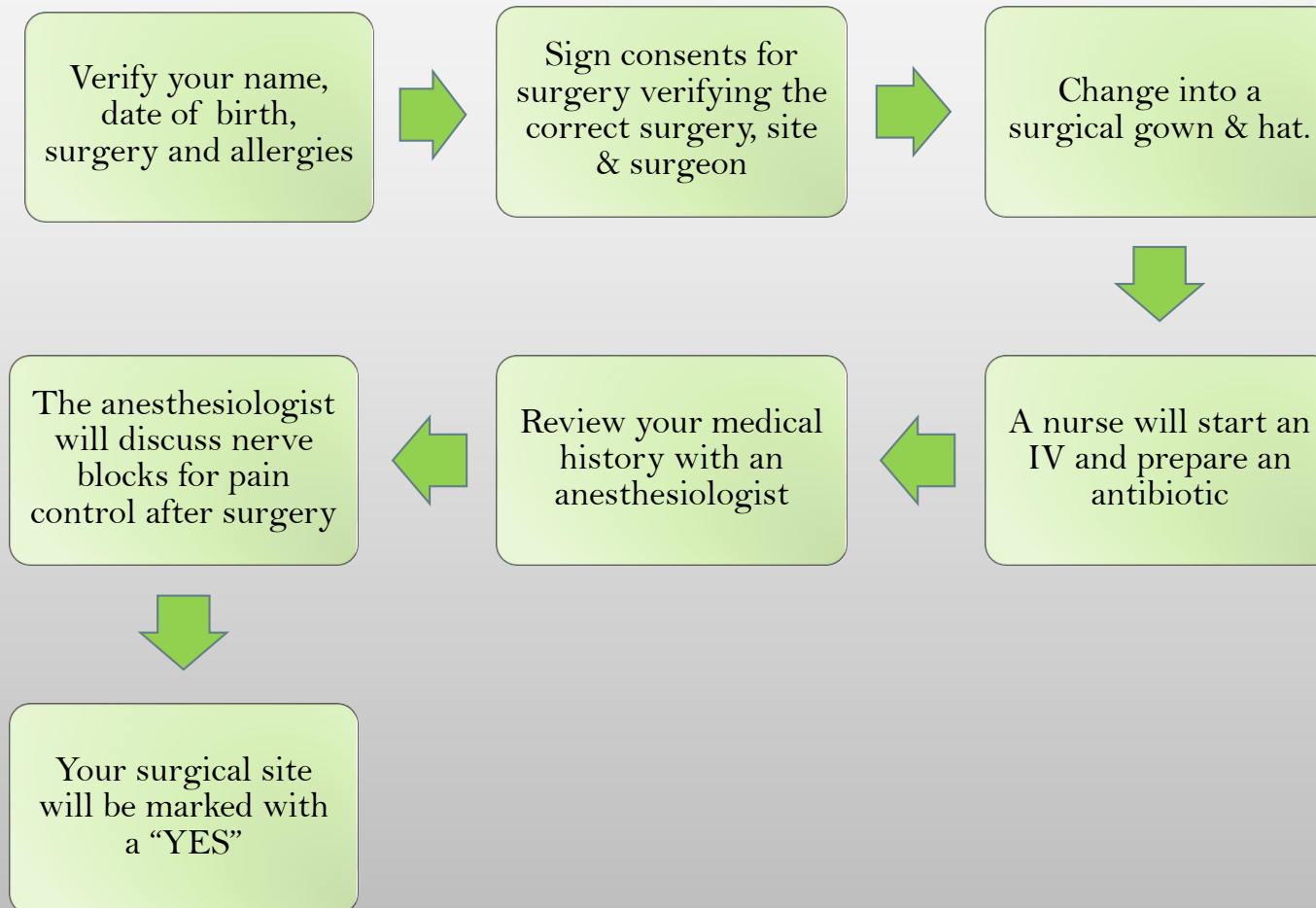
The Day Before Surgery



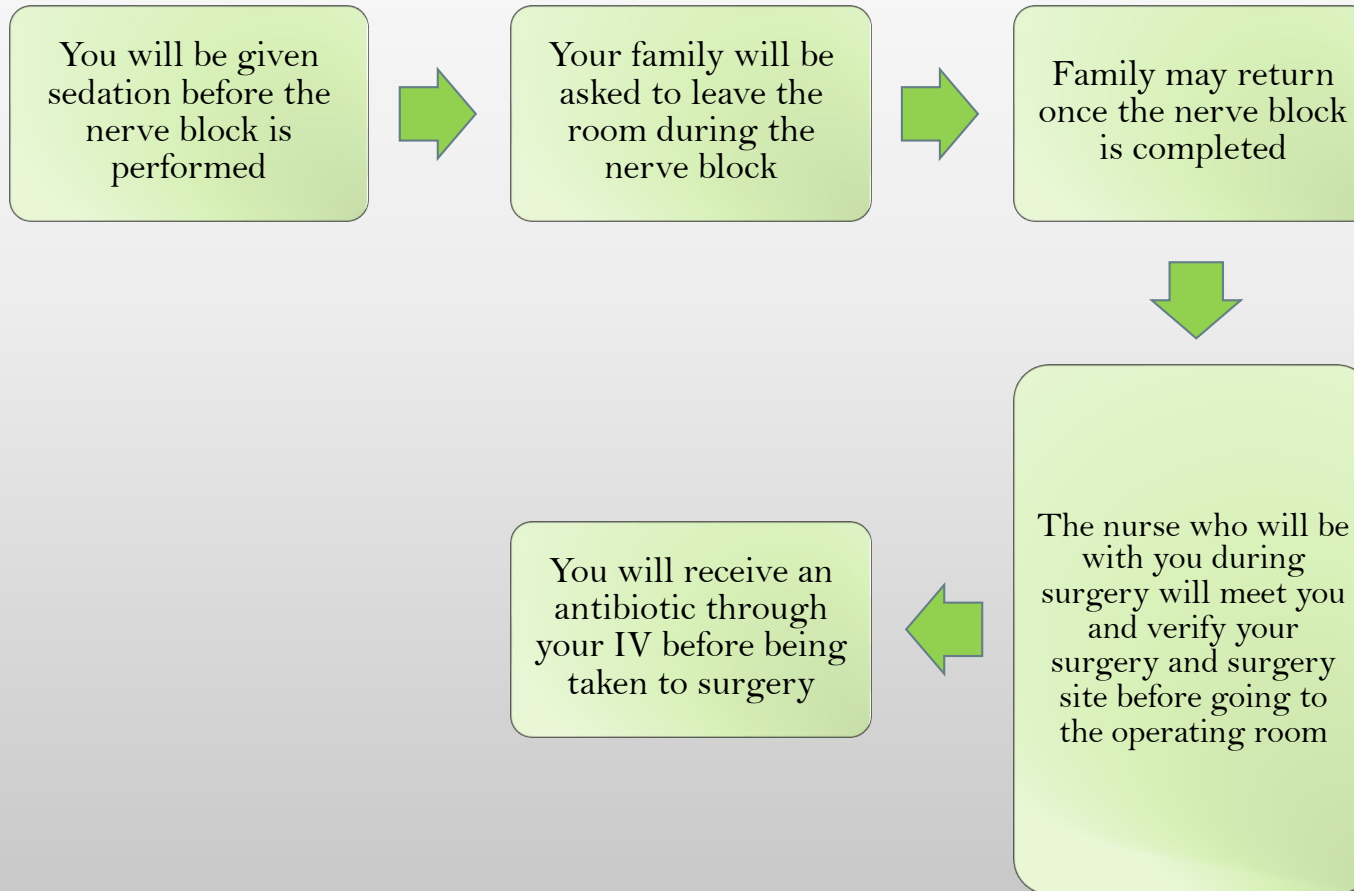
The Morning of Surgery

- Do not eat or drink anything
- If you were instructed to take medications the morning of surgery, you may take them with a sip of water
- Do not take all of your regular morning medications
- Please arrive to the hospital at the time provided by our pre-admission nurse
- Bring a photo ID and your insurance card
- Register for surgery on the Hospital's 2nd floor
- You will receive a pager to notify you when the nurse is ready for your admission

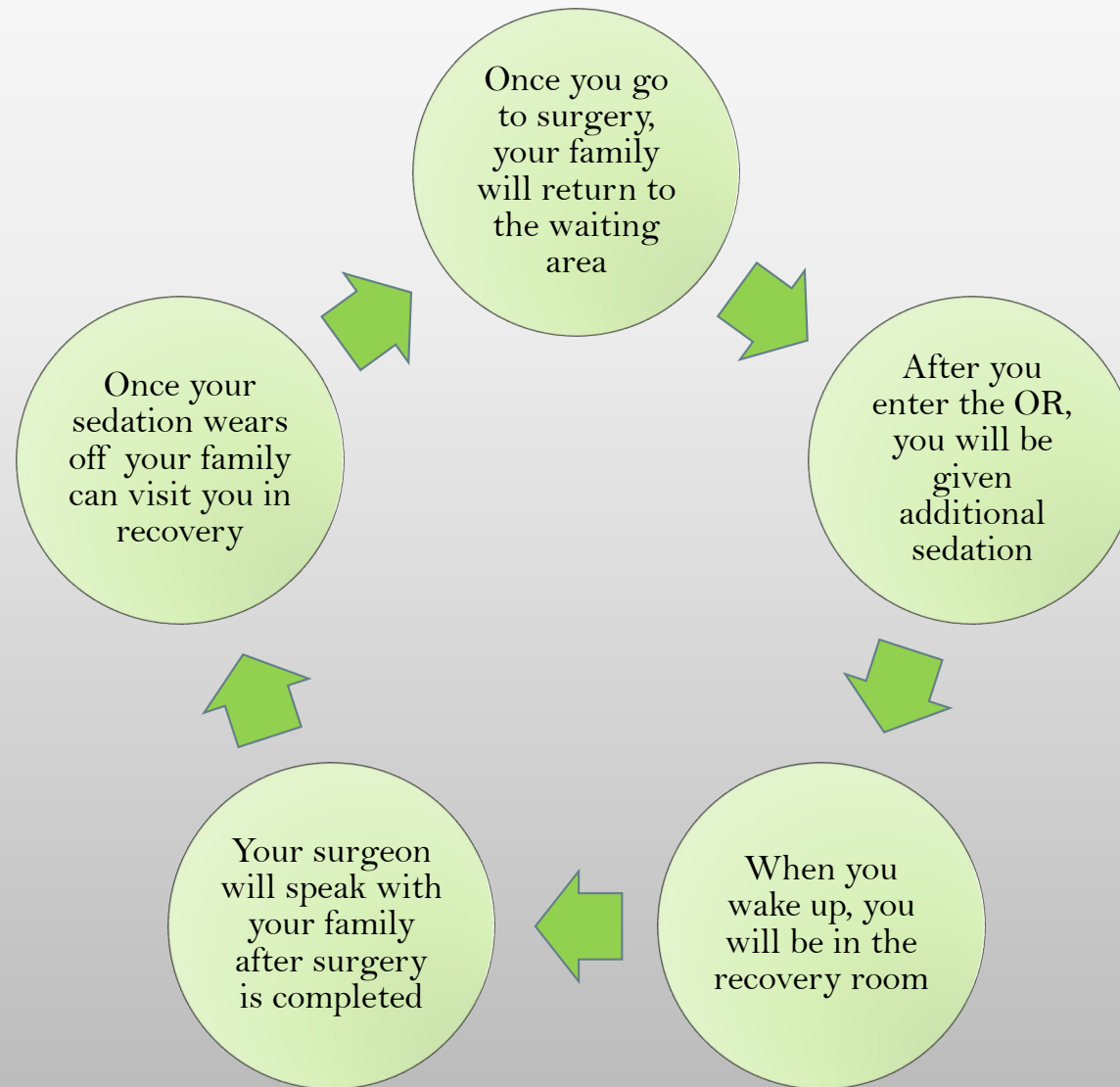
Preparing You for Surgery



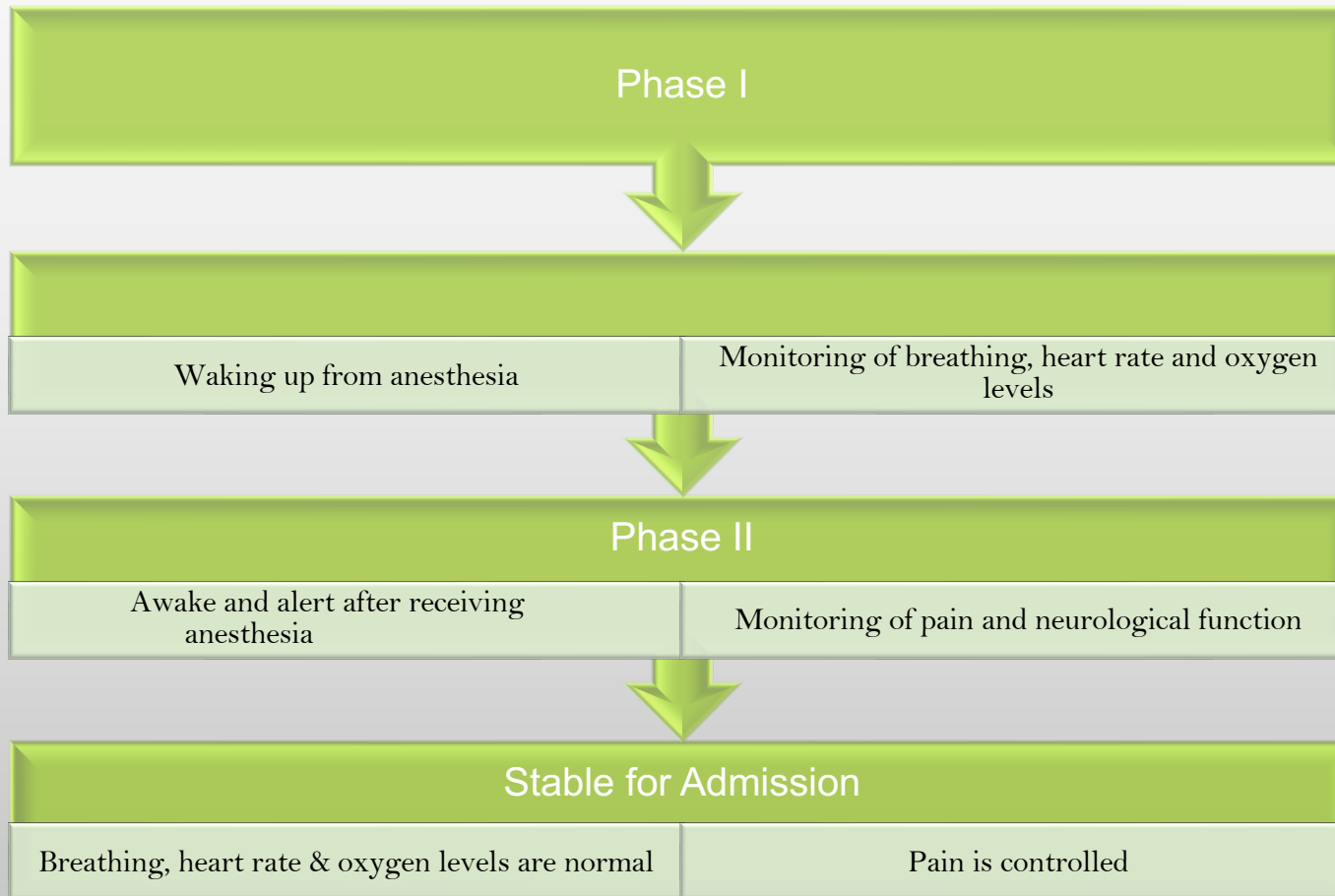
Preparing You for Surgery



Going to Surgery



The Recovery Room: PACU



Hospital Admission: What to Expect



Managing Pain After Surgery

- Some pain is normal after surgery
- Nerve blocks temporarily prevent pain but leave most muscle functions in tact
- You will experience some pain during therapy, and this is normal and expected
- Your surgeon will prescribe a pain medication regimen to manage the pain you experience after surgery
- Pain medication is not given around the clock, or on a schedule
- Your nurse will frequently assess your pain level
- You will need to ask for pain medicine

Activity After surgery

- You will be evaluated by a physical therapist after surgery
- Once it is safe, you will get out of bed with assistance from the physical therapist
- You will be expected to sit up in a chair during meals
- You will be expected to walk to the bathroom with assistance
- You will be expected to participate in daily hygiene activities as part of your recovery and rehabilitation

Activity After surgery: Continued

- Resuming activity immediately after surgery has been proven to shorten your recovery period and improve your results
- Remember “call don’t fall”. Always call for assistance before standing, walking or getting out of bed.
- After knee replacement, do not keep your knee in a bent position or place a pillow under your knee
- Do not touch your incision or remove the dressing after surgery

Pre-Surgery Exercises-Knee

BEFORE SURGERY EXERCISES

ARMCHAIR PUSH-UPS

Your triceps (the muscles on the back of your arm) need to be strong in order to use a walker, help you get out of bed and to stand from chairs.

- Sit on chair with armrests.
- Place hands on armrest with elbows bent.
- Push through hands to straighten elbows and lift body up.

Hold 1-2 seconds.

Repeat 20 times. Do 2 times per day.



Pre-Surgery Exercises-Knee

BEFORE SURGERY EXERCISES

QUAD SETS

- Lie flat on your bed or a mat.
- Keep kneecap & toes facing ceiling.
- Pull toes toward you.
- Tighten muscles in front of thigh and push back of the knee into the bed/mat.

Hold 2-3 seconds.

Repeat on/off throughout the day.



BEFORE SURGERY EXERCISES

SHORT ARC QUAD

- Lie flat on your bed or a mat.
- Place large rolled towel under knee.
- Press the back of knee down into rolled towel.
- Straighten leg.

Hold 2-3 seconds.

Repeat 20 times.

Do 2 times per day.



Pre-Surgery Exercises-Knee

BEFORE SURGERY EXERCISES

HEEL PROP

- Lie flat on your bed or a mat.
- Place small rolled towel under heel.
- Keep kneecap and toes facing ceiling.
- Gently tighten the muscles in front of thigh.

Hold 45-60 seconds.

Repeat 3 times.

Do 3 times per day.



BEFORE SURGERY EXERCISES

HEEL SLIDES/ANKLE PUMPS (SUPINE)

- Sit on your bed or a mat.
- Bend knee.
- Use hand or towel behind thigh to pull heel towards bottom.
- When you feel a tightness, gently work your ankle up and down.

Hold 1-2 seconds.

Repeat 20 times.

Do 2 times per day.



Pre-Surgery Exercises-Knee

BEFORE SURGERY EXERCISES

HEEL SLIDES (SITTING)

- Sit in a chair.
- Sit with feet on the floor.
- Slide heel back to bend your knee.

Hold 15-20 seconds.

Repeat on/off throughout the day.



Pre-Surgery Exercises-Hip

ARMCHAIR PUSH-UPS

Your triceps (the muscles on the back of your arm) need to be strong in order to use a walker, help you get out of bed and to stand from chairs.

- Sit on chair with armrests.
- Place hands on armrest with elbows bent.
- Push through hands to straighten elbows and lift body up.

Hold 1-2 seconds.

Repeat 20 times. Do 2 times per day.



Pre-Surgery Exercises-Hip

GLUTEAL SQUEEZES

- Begin by lying on your back with your knees straightened.
- Squeeze your buttock muscles together.

Hold for a count of 5 seconds.

Repeat 30 times.

Do 3 times per day



SUPINE HIP ABDUCTIONS

- Begin by lying on your back with your knees straightened and legs slightly apart.
- Tighten your abdominal muscles and slowly move the operated leg out to the side while keeping the knee straight.
- Slowly return to the starting position.

Repeat 20 times.

Do 2 times per day.



Pre-Surgery Exercises-Hip

ANKLE PUMPS

- Slowly push your foot up and down...
- This exercise can begin immediately after surgery and continue until you are fully recovered.

Repeat 30 times.

Do 3 times per day.



STRAIGHT LEG RAISES

- Begin with the uninvolved knee, bent as shown.
- Press your operated knee completely flat against the bed.
- Keeping your knee straight, slowly lift your operated leg upward a few inches off of the bed.
- Slowly lower your operated leg to the starting position.

Repeat 20 times.

Do 2 times per day.



Pre-Surgery Exercises-Hip

BED-SUPPORTED KNEE BENDS

- Slide your heel toward your buttocks, bending your knee.
- Keep your heel on the bed.
- Do not let your knee roll inward.

Repeat 20 times.

Do 2 times per day.



STANDING KNEE RAISES

- Lift your operated leg toward your chest.
- Do not lift your knee higher than your waist.

Hold for 2 or 3 counts and put your leg down.

Repeat 20 times.

Do 2 times per day.



Pre-Surgery Exercises-Hip

STANDING HIP ABDUCTION

- Be sure your hip, knee and foot are pointing straight forward.
- Keep your body straight. With your knee straight, lift your leg out to the side.
- Slowly lower your leg so your foot is back on the floor.

Hold for 2 or 3 counts and put your leg down.

Repeat 20 times.

Do 2 times per day



STANDING HIP EXTENSIONS

- Lift your operated leg backward slowly.
- Try to keep your back straight.
- Hold for 2 or 3 counts.
- Return your foot to the floor.

Repeat 20 times.

Do 2 times per day.



Preparing for Discharge

- Our goal is to have you ready to be discharged to your home after 1-2 nights in the hospital
- In most cases, your home is the best environment for you to recover after surgery
- Your surgeon will monitor your progress with input from the nursing and therapy teams to determine when you are safe to go home.
- Your physician and case manager will arrange for physical therapy once you go home from the hospital

Question & Answer Session



Thanks for attending Joint Camp!

