

Preparing for Total Joint Replacement Surgery (TJR)

- In 2010, there were 4.5 and 6.7 million people living with hip or knee implants, respectively.¹
- Over 1 million joint replacement surgeries occur each year.¹
- Following TJR, 80-90% of people experience:
 - Substantial increases in quality of life.²
 - Significant decreases in pain²



What is TJR?³

- **TJR involves replacing parts of your joint with metal, plastic, or ceramic.**
- **Termed a prosthesis.**
- **Performed by orthopedic surgeons.**
- **Purpose is to improve function.**
- **Common sites include the hip, knee, and shoulder.**

Reasons for TJR

- **Cartilage damage**
- **Osteoarthritis**
- **Fracture**
- **Generalized joint pain from various conditions**

What Can You Do to Prepare?



How Can Physical Therapists (PT) Help?

PTs are experts in movement and exercise. They specialize in:

- Individual pre- and post-operative assessments
- Identification of deficits
- Pain management
- Strength & mobility training
- Activity modification
- Education

Eat healthy!⁴

- Malnutrition can increase risk for surgical site infection.
- Milk, yogurt, cheese, and soft-boned fish are recommended.
- Important nutrients include:
 - Magnesium
 - Calcium
 - Vitamin C
 - Vitamin D

Prehab improves outcomes!⁵

- Reduces your hospital stay
- Reduces post-operative complications
- Introduces you to post-operative rehabilitation

Attend joint schools

- Usually offered through the hospital
- May be mandatory
- Educates you on pre- & post-operative expectations

Call your PT today for more information on TJRs!

References

1. Maradit KH, Crowson CS, Larson D, Jiranek WA, Berry DJ. Prevalence of total hip (THA) and total knee (TKA) arthroplasty in the United States. Presentation at: American Academy of Orthopaedic Surgeons Annual Meeting; 2014; New Orleans, La.
2. Total Joint Replacement. OrthoInfo website from the American Academy of Orthopaedic Surgeons. <https://orthoinfo.aaos.org/en/treatment/total-joint-replacement/>. Accessed October 10, 2018.
3. Losina E, Katz J. Total joint replacement outcomes in patients with concomitant comorbidities: A glass half empty or half full? *Arthritis Rheum.* 2013; 65(5): 1157-1159
4. Calcium, nutrition, and bone health. OrthoInfo website from the American Academy of Orthopaedic Surgeons. <https://orthoinfo.aaos.org/en/staying-healthy/calcium-nutrition-and-bone-health/>. Updated July 2012. Accessed October 10, 2018
5. Czyżewska A, Glinkowski W M, Walesiak K, Krawczak K, Cabaj D, Górecki A. Effects of preoperative physiotherapy in hip osteoarthritis patients awaiting total hip replacement. *Archives of Medical Science.* Oct 27 2014;10(5):985-991.

This brochure is for informational use only and should not be taken as medical advice. Always consult with your doctor or physical therapist to assess needs for your specific situation.

Author: Jacob Bratton, SPT
Idaho State University

Idaho State
UNIVERSITY
Physical Therapy Program