



## Joint Replacement and Reconstruction

### Joint Replacement Clinic

To assist in your complete recovery the Human Motion Institute has established a team of therapists, nurses and managers to help you prepare your mind and body for the coming challenges of joint replacement surgery. Our team will meet with you in a casual classroom setting a few weeks before your joint replacement, and in a two-hour session, they will give you all the important information you need. Our Joint Replacement Clinic will let you know exactly what to expect from your procedure, including what will happen during your physical therapy, how to use assistive devices during your recovery, coordinating your discharge from the hospital, how to manage post-operative pain and medications, taking care of your surgical incision and how joint replacement will change your day to day living. To reserve a space in a Joint Replacement Session, contact Health on Demand at 607-737-4499.

#### ArnotHealth

Human Motion Institute  
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607-737-4499

[www.arnothealth.org](http://www.arnothealth.org)



At the Arnot Health Human Motion Institute our goal is simple: to return our patients to normal function as quickly and safely as possible. To reach this goal, the medical professionals at the Human Motion Institute enlist a comprehensive, leading edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries.

As you face a possible joint replacement, rest assured that our team of surgeons, nurses, rehabilitation specialists and staff will work with your primary care physician to develop a treatment program specifically for you. At the Human Motion Institute we combine extensive clinical expertise with compassionate, caring treatment in a program known for its quality of care.

*For more information on joint replacement contact Health on Demand at 607-737-4499.*

### What is Joint Replacement?

Joint replacement is when a surgeon removes an arthritic or damaged joint and replaces it with a man-made, artificial joint that works like your natural, undamaged joint. This artificial joint is called a prosthesis. After every other appropriate treatment option has been exhausted, joint replacement surgery may be the right choice to relieve your pain or discomfort.

The key to a successful joint replacement is a skilled orthopedic surgeon. The expert surgeons at the Human Motion Institute have the capability to replace all major joints including the most commonly replaced hip and knee joints. Joint replacements performed at the Human Motion Institute are done using the newest and most minimally invasive procedures, and each joint replacement at the Human Motion Institute is performed with the same goal in mind; to get you back home and on your way to recovery in just a few short days and with the best possible results.



### Our Continuum of Care Approach

Our "Continuum of Care" approach to joint surgery means the highest quality of care for you. Before your surgery we make sure all of your questions are answered through close communication with your doctor, an educational joint class, and detailed reading material about your joint replacement surgery. Our integrated approach enables our clinical team to properly evaluate your condition and prepare you mentally and physically for your joint replacement. After your surgery we continuously monitor and manage your entire post-surgical progress to optimize healing and minimize recovery time, and make sure you feel safe, informed and comfortable every step of the way, from surgery through physical therapy.