

# Mercy Orthopedic Care

# Joint Replacement & Recovery

## STATISTICS ABOUT JOINT REPLACEMENTS

Joint replacement is more common than you think.

**2.5 MILLION+**

Americans are living with a **new hip**

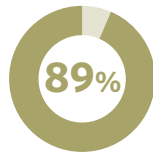
**4.7 MILLION+**

Americans are living with a **new knee**

How do patients feel after having surgery?

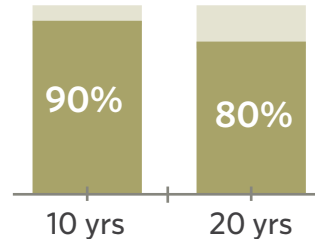


Satisfaction with new joint



Dramatic relief of pain

How long does a new joint typically last?



Knee replacement demographics by gender and age:



Most patients are age 50-80

## RECOVERY TIMELINE & WHAT TO EXPECT



### Get your rest.

Get help getting in and out of bed.



### Start moving.

Stand, sit and work on changing locations with assistance.



### Small steps.

Go 25 feet or more with a walker. Practice going up and down stairs.



HOSPITAL STAY

WEEK 1-3

WEEK 4-6

WEEK 7-12



### Get started.

Walk on a level surface with your walker.  
Get in and out of a chair and your car on your own.  
Work with your therapist to increase strength and range of motion.



### Get going.

Continue therapy.  
Resume household chores/activities.  
Go back to work, and start driving again after your post-op appointment.



### Back to normal.

Walk longer distances.  
Continue exercises to rebuild strength and increase distance.  
Resume low-impact activities.

## Keep doing the things you enjoy.

LOW-IMPACT — NO PROBLEM



Keep walking.



Keep golfing.



Keep swimming.



Keep biking.



Keep hiking.

## LIFE WITH YOUR NEW JOINT

### Stay active.

Keeping excess weight off will keep the stress off your new joint.

### Get expert advice.

Your doctor can recommend many activities you can do to stay active and build your strength.

### Keep it light.

Low-impact sports and activities that don't stress your new joint will help it last longer.

### Enjoy living without pain.



[mercy.net/YourNewJoint](http://mercy.net/YourNewJoint)