Joint Replacement Class
Patient Guide

This booklet has been produced by the Reno Orthopaedic Clinic’s Center for Joint Replacement. It is designed to provide information about having a total knee or total hip replacement and what to expect before and after the operation.

This advice is provided to help you prepare for your surgery, recovery and rehabilitation. It is recommended that you read this booklet thoroughly before your surgery and write down any questions you may have for your surgeon prior to your surgery. We encourage you to ask your surgeon any questions that you might have at your pre-op appointment.
TOTAL JOINT REPLACEMENT GUIDE INDEX

I. General Information
   Welcome Letter
   Important Phone Numbers
   ROC Joint Replacement Surgeons
   Preparation Checklist

II. Preparing for Surgery
   Appointments
   Diet
   Exercise
   Equipment
   Home Preparations
   Medical Clearance
   Medication
   Mental Preparation
   Smoking
   Surgical Buddy
   Surgical Site
   Home Safety and Discharge Planning Checklist

III. Your Surgical Experience
   3-Day Preparation for Surgery
   Showering
   Day of Surgery
   What to Wear
   Medications and Diet
   What to Expect at the Hospital or Surgery Center

IV. What to Expect After Surgery
   Leaving the Hospital
   Post-Op Bathing
   Anticoagulant
   Swelling and Bruising
   When to Call Us
   Preventing Complications
   Constipation
   Dental Care
   Post-Op Appointment
   Travel

V. Physical Therapy

VI. Supplemental Information

Revised February 2017
WELCOME TO THE CENTER FOR JOINT REPLACEMENT
At Reno Orthopaedic Clinic

On behalf of the Center for Joint Replacement and our expert doctors, case managers, and other professionals, we would like to welcome you and thank you for choosing us for your total joint surgery. I can assure you that you have made the right choice. The physicians of Reno Orthopaedic Clinic performed the first joint replacement in Nevada and continue to perform more than 1500 annually. Our goal is to ensure the highest standards of medicine and a high quality experience for you. We are committed to keeping you informed, and helping become an active partner in your health care. We will do everything possible to make your experience as pleasant as possible.

You will find important instructions and information to prepare you for your surgery in this education packet. It will answer many of your questions, and clearly outline the things you need to do before, during, and after surgery. Planning tools, advice on medications, diet, and exercise are also included. Please take the time to read the materials carefully.

If you have further questions about your surgery please call your physician at 775-786-3040. Once again thank you for choosing us for your orthopaedic care.

Sincerely,

Eric Boyden, M.D.
Director, Center for Joint Replacement
Reno Orthopaedic Clinic
IMPORTANT PHONE NUMBERS

Reno Orthopaedic Clinic

Martin Anderson, M.D.
    Jennifer Lewis, Medical Assistant ...........................................775-786-3040 ext. 2829

Eric Boyden, M.D.
    Garret Berkich, Physician Assistant
    Amanda Powell, Medical Assistant ............................................775-788-5255 ext. 1255

Timothy Bray, M.D.
    Judi Gerber, Medical Assistant ...........................................775-786-3040 ext. 1241

Ryan Dobbs, M.D.
    Suzanne Flint, Physician Assistant
    Rhonda Sallaberry, Medical Assistant .......................................775-786-3040 ext. 2185

Jackson Jones, M.D.
    Renee Covey, Physician Assistant
    Marleny Flores, Medical Assistant ...........................................775-786-3040 ext. 2701

Michael Kalisvaart, M.D.
    Merissa Davis, Medical Assistant ...........................................775-786-3040 ext. 2112

Timothy O’Mara, M.D.
    Jillian Rodriguez, Medical Assistant ...........................................775-786-3040 ext. 1330

Michael Ries, M.D.
    Cassie Keller, Medical Assistant ...........................................775-786-3040 ext. 2176

Sanjai Shukla, M.D.
    Danielle Reins, Medical Assistant ...........................................775-786-3040 ext. 1211

Jeff Webster, M.D.
    Regina Brown, Medical Assistant ...........................................775-786-3040 ext. 2181

Norman Young, M.D.
    Kim Eckoff, Medical Assistant ...........................................775-786-3040 ext. 1297

John Zebrack, M.D.
    Ali Janas, Physician Assistant
    Debbie Herbert, Medical Assistant ...........................................775-786-3040 ext. 1294

ROC After Hours Answering Service ...............................................775-786-3040

ROC Appointment Scheduling ......................................................775-786-3040

ROC Case Managers ..........................................................................775-786-3040
    Email ....................................................................... totaljoint@renoortho.com

ROC Physical Therapy
    Downtown Location ......................................................................775-786-3040
    South Reno Location .....................................................................775-850-1888
    Sparks Location ...........................................................................775-348-3052

The Shop at ROC .............................................................................775-348-3049
Hospitals

Northern Nevada Medical Center
2375 East Prater Way, Sparks, Nevada 89434  775-331-7000

Renown Regional Medical Center
1155 Mill Street, Reno Nevada  89502   775-982-4100

Renown South Meadows
10101 Double R Blvd., Reno, Nevada 89521   775-982-7000

Saint Mary’s (Prime Health Care)
235 West 6th Street, Reno, Nevada 89503   775-770-3000

Carson Tahoe Regional Medical Center
1600 Medical Pkwy., Carson City, Nevada 89703   775-445-8000

Billing Offices
Northern Nevada Medical Center………………………………………………………………………………800-323-5151
Reno Orthopaedic Clinic…………………………………………………………………………………………775-786-3040
Reno Orthopaedic Surgery Center………………………………………………………………………………775-786-3040
Renown Regional Medical Center………………………………………………………………………………775-982-4130
Renown South Meadows…………………………………………………………………………………………775-982-4130
Saint Mary’s Regional Medical Center…………………………………………………………………………775-770-3000
Carson Tahoe Regional Medical Center………………………………………………………………………775-445-7550 option 1

SNF and Home Health
Skilled Nursing Facilities: http://www.medicare.gov/nursinghomecompare
1-800-MEDICARE (1-800-633-4227)
TTY users call (1-877-486-2048)

Home Health Services: http://www.medicare.gov/homehealthcompare
1-800-MEDICARE (1-800-633-4227)
TTY users call (1-877-486-2048)

Additional
Meals on Wheels
https://www.washoecounty.us/seniorsrv/nutrition/home_delivered_meals.php
Please print and complete the referral form in its entirety and submit to Washoe County Senior Services by fax: 775-325-8025 or mail: 1155 E. 9th Street, Reno, Nevada 89512

RTC Access
For questions regarding this application or any questions regarding RTC ACCESS services, please contact the RTC ONLY at 775-335-1903.

For hearing or speech assistance with your call, contact Relay Nevada at 1-800-326-6868 (TTY, VCO, HCO)

Para información en español, por favor llame al numero 775-348-0477
ROC Joint Replacement Surgeons

**Martin Anderson, M.D.**
Dr. Anderson received his medical degree from the University of Colorado School of Medicine and completed his Neurology Internship and Orthopaedic Residency at Letterman Army Medical Center Presidio of San Francisco, California. Dr. Anderson is Board Certified with the American Board of Orthopaedic Surgery.

**Eric Boyden, M.D.**
Dr. Boyden graduated from Williams College and received his medical degree from the University of Nevada, School of Medicine. He completed his residency at the Mayo Clinic in Rochester, Minnesota. As a faculty member at the University of Nevada, Reno, Dr. Boyden has taught many aspiring medical students. He focuses on adult reconstruction and joint replacement and has performed over 3,000 joint replacement and revision cases since 1993. He is a member of the American Association of Hip and Knee Surgeons and is Board Certified by the American Board of Orthopaedic Surgery. He received his recertification in 2006. October 2008, Dr. Boyden was appointed as the medical director of arthroplasty (joint replacement) services for Renown Regional Medical Center orthopedics department. He has been practicing at the Reno Orthopaedic Clinic since 1993.

**Timothy Bray, M.D.**
Dr. Bray received his medical degree at the University of California, Irvine, San Diego and San Francisco. He completed an Orthopaedic Trauma Fellowship at the University of California Davis Medical Center and joined the full time Davis faculty for 6 years prior to joining the Reno Orthopaedic Clinic in 1987. He was Director of Orthopaedic Trauma at University of California at Davis (UCD) from 1983 to 1987. Dr. Bray’s clinical interests are in fracture surgery and adult reconstruction including joint replacement of the shoulder, hip, and knee. He has voluntarily recertified for the American Board of Orthopaedic Surgery twice. Dr. Bray maintains an orthopaedic practice at the Reno Orthopaedic Clinic and monthly clinics in Fallon, Nevada.

**Ryan Dobbs, M.D.**
Dr. Dobbs received his medical degree from the University of Nevada School of Medicine, and did his orthopaedic residency at the Mayo Clinic in Rochester, Minnesota. He has also completed an Orthopaedic Sports Medicine fellowship at the University of Utah in Salt Lake City, Utah. He has been practicing at the Reno Orthopaedic Clinic since 2006. Dr. Dobbs is subspecialty trained in Sports Medicine and is a member of the AOSSM (American Orthopaedic Society of Sports Medicine). Dr. Dobbs is Board Certified by The American Board of Orthopaedic Surgery and is one of the few physicians in Nevada who has his Certificate of Added Qualifications in Sports Medicine from The American Board of Medical Specialties (ABMS).
Jackson Jones, M.D.
Dr. Jones received his medical degree from George Washington University School of Medicine and Health Sciences in Washington, DC. He completed his residency training at Oregon Health Sciences University School of Medicine in Portland, Oregon and a fellowship in total joint arthroplasty at Brigham and Woman's Hospital - Harvard Medical School in Boston, MA. Dr. Jones is Board Certified by The American Board of Orthopaedic Surgery. He specializes in revisional joint reconstruction as well as anterior and posterior approach joint replacement. Dr. Jones began practicing at the Reno Orthopaedic Clinic in 2012. Dr. Jones speaks fluent Spanish.

Michael Kalisvaart, M.D.
Dr. Kalisvaart received his medical degree from the University of Southern California, Keck School of Medicine in Los Angeles, California. His orthopaedic surgery residency training was completed at the Mayo Clinic in Rochester, Minnesota. After residency, Dr. Kalisvaart completed a fellowship in orthopaedic sports medicine at Stanford University in Stanford, California. Dr. Kalisvaart specializes in orthopaedic sports medicine, arthroscopy of the hip, knee, elbow, and shoulder, and hip and knee joint replacement. He is a member of the American Orthopaedic Society for Sports Medicine, the Arthroscopy Association of North America, and the American Academy of Orthopaedic Surgeons. Dr. Kalisvaart is Board Certified by The American Board of Orthopaedic Surgery and he began practicing at the Reno Orthopaedic Clinic in 2014.

Timothy O'Mara, M.D.
Dr. O'Mara received his medical degree from the University of Nevada School of Medicine. He completed his Orthopaedic Trauma fellowship at the Harborview Medical Center in Seattle, Washington in 2006. Dr. O'Mara finished his Pediatric Orthopedic fellowship in Sydney, Australia in 2007. Dr. O'Mara also finished a third Orthopaedic Fellowship in Hip and Knee Replacement at St. Vincent Medical Center in Los Angeles, California. He joined the Reno Orthopaedic Clinic in August 2007. He is subspecialty trained in trauma, pediatric care, and hip and knee replacement. Dr. O'Mara is Board Certified by the American Board of Orthopaedic Surgery.

Michael Ries, M.D.
Dr. Ries received his medical degree from Dartmouth Medical School in Hanover, New Hampshire. He completed his Surgical Internship at North Shore University Hospital in Manhasset, New York. He finished his orthopaedic Residency at State University of New York at Stony Brook, Stony Brook, New York and an Arthritis Fellowship at University of Colorado, Denver, Colorado Department of Orthopaedics. Dr. Ries is Board Certified with the American Board of Orthopaedic Surgery.
Sanjai Shukla, M.D.
A native Nevadan and proud graduate of Galena High School Dr. Shukla received his medical degree from Duke University School of Medicine in Durham North Carolina. His orthopaedic residency and a fellowship in Adult Reconstructive Surgery were completed at Rush University Medical Center in Chicago, Illinois. Dr. Shukla specializes in minimally invasive hip and knee replacements, as well as revision joint replacements and computer navigated joint replacements. Dr. Shukla is Board Certified by the American Board of Orthopaedic Surgery and is a member of the American Academy of Orthopaedic Surgeons (AAOS) and the American Association of Hip and Knee Surgeons (AAHKS). He has published award winning research in the field of orthopaedic surgery. He has also served on the Quality Control Committee of Carson Tahoe Hospital.

Jeffrey Webster, M.D.
Dr. Webster received his medical degree from Wayne State University in Detroit, Michigan. His orthopaedic surgery residency training was completed at Indiana University. After residency, Dr. Webster completed a fellowship in orthopaedic sports medicine at Methodist Hospital. He is a general orthopaedic surgeon with specific emphasis on sports medicine in addition to hip and knee joint replacement surgery. He has been practicing in Reno since 1992 and was a founding member of Orthopaedic Associates, which closed its doors in March, 2015. He serves on the Board at Northern Nevada Medical Center. Dr. Webster is Board Certified by the American Board of Orthopaedic Surgery. Dr. Webster began practicing at the Reno Orthopaedic Clinic in 2015.

Norman Young, M.D.
Dr. Young completed his undergraduate studies at Trinity University in San Antonio, Texas. He completed medical school at Chicago Medical School in 1976 and his internship and residency training at University of Texas, Southwestern Medical School in 1981. Dr. Young is board certified by the American Board of Orthopaedic Surgery. He is a member of the American Academy of Orthopaedic Surgeons and has been with the Reno Orthopaedic Clinic since January 2014.

John Zebrack, M.D.
A Reno native, Dr. Zebrack completed his undergraduate studies at the University of Nevada-Reno, and medical school with honors at the University of Nevada School of Medicine in 2001. Dr. Zebrack’s areas of concentration and expertise are arthroplasty (joint replacement) and arthroscopy (joint scopes). He has had additional training in robotic and computer assisted arthroplasty and hip arthroscopy and resurfacing. He performs over 150 joint replacements and joint replacement revisions annually. Dr. Zebrack has been honored as a Fellow Member of both the American Association of Hip and Knee Surgeons (AAHKS) and American Association of Orthopaedic Surgeons (AAOS). Dr. Zebrack is board certified by the American Board of Orthopaedic Surgery and has been with the Reno Orthopaedic Clinic since 2006.
It is important to plan and prepare for your surgery. The focus of the care plan is post-surgical but there are some important steps you need to take prior to your surgery as well.

**Physical Therapy**
A physical therapist will perform an evaluation to assess your strength and balance. The outcome of this evaluation will assist us in knowing what, if any, assistance you will need after your surgery.

**Total Joint Class**
The Total Joint Class will address options for at home assistance, transportation to appointments, and meal programs. Many of these programs take a minimum of six weeks to complete the application process. Please see the links provided under the general information tab.

**At Discharge**
Your doctor will discuss your possible options for post-surgical care. Our goal is to get you home as soon as possible and back to your life. If a short stay in a skilled nursing facility or Home Health is medically necessary your doctor will discuss which facility or company will work best for you.
Surgery Preparation Checklist

Prior to your hip or knee replacement you will need to complete each of the following tasks. Place an X next to each task once it has been completed.

___ Schedule and Obtain a Berg Score or Equivalent from physical therapy
___ Begin performing exercises prescribed by your therapist
___ Attend Total Joint Class
___ If ordered by your surgeon, schedule an appointment with your primary care provider for a medical clearance
___ Prepare your home for post-operative recovery
___ Schedule and attend your pre-op visit at the hospital (no more than 28 days before surgery)
___ Go to your pre-op appointment at your surgeon’s office
___ Medications:
   ___ 2 weeks prior to surgery, stop herbal and diet products
   ___ 1 week prior to surgery, stop aspirin, NSAID’s, erectile dysfunction meds, and marijuana
   ___ 5 days prior to surgery, stop shaving and applying lotion to the surgical area
___ 2 days before surgery, shower with Chlorhexidine Soap and dry with a clean towel
___ 1 day before surgery, shower with Chlorhexidine Soap and dry with a clean towel
___ Follow your surgeon’s orders about NOT eating or drinking anything prior to surgery
___ The morning of your surgery:
   ___ Shower with Chlorhexidine Soap and dry with a clean towel
   ___ Apply clean bed linens
   ___ Arrive at the hospital dressed in loose, clean, comfortable clothing
___ If instructed, take your pre-op and morning medications 3 hours prior to surgery with a small amount of LEMON/LIME Gatorade. Please follow the instructions provided by the hospital and your surgeon.
Preparing for Surgery
Preparing for Surgery

**Surgical Goal is to be in Optimal Health Prior to Surgery**
You must contact your doctor for the timeframe of all medical and dental procedures prior to surgery and DO NOT schedule any appointments for 90 days after surgery other than those required by your surgeon. Be sure to inform your dentist that you are having joint replacement surgery so the information can be placed in your record. You will need to take antibiotics before any future dental work.

**Appointments**
If you require medical clearance from your primary care physician please schedule it well in advance, but not more than 28 days, so that your surgeon may get the results early enough to prevent a delay or cancellation of your surgery (see below under medical clearance.)

A pre-operative assessment with a physical therapist should be scheduled prior to your surgery. You will be given exercises to help strengthen key muscles integral to your recovery as well as strength and balance assessments. The sooner you schedule this appointment the better. We have provided the phone numbers to our three therapy locations in the front of this book under important phone numbers. Our case managers can also assist you with setting this appointment.

You must call and schedule all pre-admission testing, no more than 28 days prior to your surgery, at the facility you have chosen. These phone numbers are available in the front of this book located under hospitals.

**Diet**
Good nutrition is important before surgery. Eat a well-balanced diet and avoid constipation by eating fruits and vegetables. No alcoholic beverages starting 2 days prior to surgery.

**Exercise**
Keeping your muscles toned will help you to recover faster after surgery. If you currently do not have an exercise routine you may follow the exercises located in the back of this booklet before and after your surgery.
Equipment
Your physician may recommend certain medical equipment to assist in your recovery. Most items are available at The Shop at ROC or any supplier of medical equipment.

- Mobility – cane, walker, crutches
- Swelling – polar Care Ice machine, Elastogel wraps, Colpacs, ice packs
- Compression – hose and stockings, Knee support sleeves
- Personal Assistance Devices – sock grabber, long shoehorns, leg lifters, Reacher/grabbers
- Raised toilet seats
- Safety bars and handrails for the tub and shower

Home Preparations
Prepare food in advance to make meal time as simple and stress free as possible. Declutter pathways you will be using during your recovery to decrease the risk of falls. Have all of the necessary medical equipment set-up at home prior to your surgery. Place clean sheets on your bed one day prior to surgery.

Medical Clearance
You may need to be examined before surgery by your primary care doctor. They can identify and address medical problems you may have prior to surgery to help decrease your risks during and after the surgery. Your surgeon will tell you if you need medical clearance. If so, your surgery can not be scheduled until an exam is completed. Please call your primary care physician to schedule a medical clearance per your surgeon’s orders.

Medication
Be sure to inform your doctor of ALL the medications you are taking, including vitamins, over the counter drugs (such as aspirin, antacids, pain relievers, etc.), and herbs and “natural” products. These can all have harmful effects when combined with anesthesia.

In order to minimize the risk of blood loss during and after surgery, you will be asked to stop taking certain medications, many medications can cause blood thinning. Aspirin, Ibuprofen, Motrin, Advil, blood thinners, anti-arthritis medications, diet pills, and MAO inhibitors (often used in the treatment of depression or Parkinson’s) are some examples of medications that can cause increased bleeding or other adverse effects.
The Anesthesiologists require that all herbal and diet products be stopped at least 2 weeks prior to your surgery and MAO inhibitor drugs need to be stopped 3 weeks before your surgery. Aspirin, NSAID’s, diet medications, birth control, and estrogen therapy should be stopped one week prior to your surgery. Please discuss your individual situation and any concerns you may have with your surgeon or prescribing physician prior to surgery.

**Mental Preparation**
It is natural to be nervous about your surgery. Relaxation techniques are often helpful when you feel anxious. There are many books available on the subject. Knowledge can help some people feel more at ease. Do your research and ask lots of questions. In the back of this book in the tab “Supplemental” are several reliable websites where you can learn more about your surgery, your surgeon and the facility where you will have your surgery.

**Smoking**
If you smoke ask your doctor what would work best for you to quit prior to the surgery. The longer you are smoke free, the healthier your lungs will be. You will also heal faster. Avoid exposure to respiratory infections and be sure to get enough sleep and keep a positive attitude!

**Surgery Buddy**
Designate a friend or family member that will be able to assist you before, during and after surgery. If you live alone or have concerns regarding your care after you return home, please talk to your surgeon.

**Surgical Site**
Five days prior to surgery please stop shaving and applying lotion to the surgical area. Two days prior to surgery start showering daily with Chlorhexidine Soap.
Home Safety Checklist

Here is a home safety checklist for you. Please read each item on the checklist carefully. Correct any items you think are a problem in your home. Completing these items will help prevent accidents that could prolong your recovery.

_____ Remove throw rugs to avoid tripping
_____ Make sure handrails are well anchored on both sides of the stairway
_____ Arrange furniture to keep pathways clear and uncluttered
_____ Beds/chairs should be 19-21 inches from the floor
_____ Install raised toilet seat and/or shower seat
_____ Store frequently used items at waist level

Discharge Planning

Before your surgery, you will want to make sure you have a discharge plan prepared for when you come home. Please read each item on the checklist carefully, and complete all the items that apply to you.

_____ Make sure to have help with housekeeping/shopping
_____ Make arrangements for someone to drive you to appointments
_____ Have a 2-3 week supply of prepared meals
_____ Make sure your pets can be confined when you are up and about
Your Surgical Experience
Your Surgical Experience

3-Day Preparation for Surgery

Showering
1. Daily, wash your hair using normal shampoo. Make sure you rinse the shampoo from your hair and body. Wash your face with your regular soap or cleanser.
2. Daily, using a fresh, clean washcloth and 1/3 of the chlorhexidine soap (purchase at any drugstore), wash from your neck down. Do not apply this soap directly to the genital area, eyes, and ear canal.
3. Daily, rinse your body thoroughly. This is very important.
4. Daily, using a fresh, clean towel, dry your body

Day of Surgery

DO NOT use lotions, powders, creams, oils, perfumes, makeup, or deodorant after showering.

What to wear
Wear loose comfortable clothing that will make it easier for you to dress when you go home. Dress warmly with freshly washed clothes, keeping warm before surgery decreases your risk of developing an infection.

Wear roomy, non-slip shoes that are easy to put on and take off.

Bring only what you need. Do not wear jewelry. Do not wear nail polish. Leave valuables at home. Bring your ID and insurance card.

Medications and Diet
Each physician’s instructions may vary based on your situation and the time of your surgery. Talk to your physician and their medical assistant about day of surgery medication and when to stop eating and drinking. Do not bring your regular medications with you to the hospital. The hospital will provide your prescribed medications.
What to Expect at the Hospital or Surgery Center

Pre-Op
After checking-in you will be escorted to a pre-op area. There you will be placed in a gown, given an ID bracelet and have your vitals taken. Your surgeon, an anesthesiologist and a surgical nurse will meet with you before your surgery.

Operating Room
You will be moved to an operating room when all preparations are completed. In the room will be your surgeon, his surgical assistant, an implant representative, an anesthesiologist, a surgical nurse and a surgical technologist. The length of your surgery will vary depending on the surgeon, the implant and the type of procedure.

Post-Acute Care Unit (PACU)
After surgery you will be taken to the PACU where you will be monitored while you wake up from anesthesia. If your procedure is done in the hospital you will be taken to your room. If your procedure is done in a surgery center, a physical therapist and other staff will begin working with you on standing and walking to prepare you to go home.

Hospital Stay
You will be out of bed the day of surgery and into a chair or to the bathroom. You will be expected to walk 50 feet that day. In-patient physical therapy will start the day of, or the day after surgery. Therapy will include stair training. Most patients spend 1 to 2 nights in the hospital unless in an outpatient setting. Most facilities allow your surgery buddy to stay in the room with you if you choose, in a hospital setting.

Discharge
If you received mobility equipment such as a walker make sure you have it with you on the day you will be discharged. Make sure you can easily get into and sit/recline in the vehicle chosen to transport you home.

Make sure your surgery buddy is available to stay with you the night of discharge and beyond if necessary.
What to Expect after Surgery
Leaving the Hospital

After your surgery, the majority of our patients go home. Our goal is to get you up and moving and back to your life as soon as possible. The quickest way to accomplish this is a smooth transition from the hospital to home. Your Surgery Buddy should be available to assist you for several days with transportation, preparing meals and light housekeeping. If physical therapy has been prescribed it will start soon after you get home but in the meantime there are some post-op exercises you will want to begin right away (see Physical Therapy Section in this booklet.)

If you believe you will need more help than you have available at home, you may have the option of having home health or other assistance programs come to your house a few times each week. After discussing your options with your physician our case managers can assist you with questions and concerns.

In rare instances, patients may have medical issues that require a short stay in a skilled nursing facility. If a skilled nursing facility is deemed necessary for your situation, please review the chart at the back of this section to see information on local facilities. All are available for a tour prior to your surgery.

Post-Op Bathing

You cannot get your incision wet. If you would like to take shower, you must cover your incision with plastic wrap or cover your leg with a plastic bag to keep it dry. You cannot take a bath, go swimming, or sit in a hot tub until your incision is completely healed.
Anticoagulant

Although rare, the possibility of a blood clot in your leg after surgery remains a great concern to your joint replacement team. For these reasons, each of our doctors has their own anticoagulant regimen that they will be putting you on after your surgery. This regimen will typically last for two weeks unless your surgeon specifically tells you otherwise. It is important to keep moving and do your post-operative exercises as well.

Swelling and Bruising

Swelling and Bruising are a normal part of joint replacement surgery. Icing and elevation are very important to decrease pain and swelling after joint replacement surgery. The positioning of the leg during elevation is different for knee versus hip replacement. For the knee, elevate and ice for 20 minutes every two hours as shown below.
For hips, elevate and ice for 20 minutes every two hours as seen below.

When to Call Us

- A large amount of bleeding (saturated dressing and/or have drainage running down your leg) after you get home from the hospital
- Bright redness on the limb the replacement was performed on
- Increasing pain and swelling in spite of elevating and icing per the instructions
- Fever greater than 101.3
Preventing Complications

- To help prevent blood clots walk as recommended by your doctor and physical therapist and do your calf pumps

Calf pumps

- To help prevent infections keep dressing in place. Do not take baths and when showering keep the incision covered. If you have any concerns about your incision please contact your physician.

Constipation

One of the most common issues after surgery is constipation. This is caused by pain medications and a reduction in your daily movement. There are many over the counter items such as stool softeners and laxatives that can assist in resolving constipation. Items such as prunes, prune juice and high fiber cereal will also help. Once you begin moving more regularly and decrease your pain medications symptoms may go away on their own. If you have concerns or questions, please call your surgeon or our case manager before considering a trip to the emergency room.
Dental Care & Invasive

After you receive your total joint you will need to refrain from getting any type of dental care for three months, unless you have a medical emergency, in which case you will need to get clearance from your physician. For the first two years you have your total joint you will need to pre-medicate before getting any type of dental procedure, this does include cleanings. You may need to continue pre-medicating prior to dental procedures past the two years, per your surgeon.

Post-Op Appointments

You will be given the date of your first post-op appointment by our office prior to your surgery. It is very important that you keep this appointment. Since it is made in advance, if you find you need to reschedule please do so as soon as possible.

If your Physician has a Physician Assistants (PA) as part of their team, they will often be the one that sees you for your first post-op appointment. The physician assistant also assists your surgeon during your surgery so they are well prepared to take care of any issues that may arise. This also assures that we get you in at the optimum time after your surgery. At Reno Orthopaedic Clinic, taking care of you is done through a team approach. We assure you we will always get you to the right provider, at the right time, and the right place.

Travel

You cannot travel for at least 90 days after surgery.

After 90 days:

Vehicle – After one hour of driving you will need to get up and move around. You cannot drive if you are on medication. Talk to your doctor for specific restrictions.

Flying – Do ankle pumps during flight and make sure to stay hydrated.
Physical Therapy
Physical Therapy after Surgery

Initial work on standing, walking, and balancing may begin with a physical therapist in the hospital or surgery center the day of surgery. Your surgeon may also recommend outpatient physical therapy after you arrive home. Physical therapy will help build your strength and improve your flexion. Generally, it will begin one week after your surgery. **We recommend you call and schedule your first appointment before your surgery to assure a convenient time and place.**

If you are planning on having home health for a week or two after your surgery, your outpatient therapy will begin when your home health ends.

If it is necessary for you to go to a skilled nursing facility, you will start therapy at the facility and then begin your outpatient physical therapy upon discharge.

You may choose to do your physical therapy at one of our three locations or you can choose and outside office. We have three locations:

- 555 N. Arlington Ave, Reno Nevada  (775)786-3040
- 10085 Double R Blvd, Reno, Nevada (775)850-1888
- 5070 Ion Dr., Suite 210, Sparks, Nevada (775)348-3052

A list of our therapists and a short biography are attached.

If you choose to go to a different therapist, we have enclosed a list of Physical Therapy offices in our area.
Physical Therapists

Craig Barton, M.S.P.T. received his Masters in Physical Therapy from Western University of Health Sciences in Pomona, California. Craig enjoys working with all types of patients but has developed a strong interest in the foot and ankle. Craig has also attended courses on the knee and shoulder. Craig is currently in the process of becoming certified in mechanical diagnosis and treatment of the spine through the McKenzie Institute. He has been with the Reno Orthopaedic Clinic Physical Therapy and Hand Center since 2000.

Lori Beck, P.T., M.D.T. received her Physical Therapy degree from the University of Montana in Missoula, Montana. She is certified in mechanical diagnosis and treatment of the spine with the McKenzie Institute. She is focused on spinal injuries, shoulder and knee injuries and patient education for preventative care and self-management. She joined the Reno Orthopaedic Clinic Physical Therapy and Hand Center in 1991.

Brad Buckler, P.T.A., N.S.C.A. - C.P.T. received his Physical Therapist Assistant degree from Central Piedmont Community College in Charlotte, NC in 1995. He also received his board certification as a Personal Trainer from the National Strength and Conditioning Association in 1997. He is experienced in the treatment of orthopaedic and sports related injuries. He joined Reno Orthopaedic Physical Therapy in June of 2010.

Troy Burley, P.T., M.P.T., O.C.S. received his Masters in Physical Therapy degree from Western University of Health Sciences in 2002. He is a graduate of the Kaiser Permanente Vallejo Physical Therapy Fellowship in Orthopaedic Manual Therapy and Musculoskeletal Primary Care. Troy is an Orthopaedic Clinical Specialist certified by the American Board of Physical Therapy Specialties. He is a member of the American Physical Therapy Association and the American Academy of Orthopaedic Manual Physical Therapists. He is currently a PhD candidate in orthopaedics and sports science at Rocky Mountain University of Health Professions. Troy joined the Reno Orthopaedic Clinic Physical Therapy and Hand Center in 2008.

Stephen Capel, P.T. received his physical therapy degree from Fontys Hoge school in Eindhoven, The Netherlands in 1998 and has worked in the outpatient orthopaedic setting since that time. He has received extensive continued education and training in all areas of orthopaedic injury and treatment and enjoys working with patients of all ages and diagnoses. In his spare time, he enjoys swimming, cycling, running, skiing, and coaching youth athletics. He joined Reno Orthopaedic Clinic in 2006.

Brian Fearnley, M.P.T. graduated from University of Nevada, Reno in 1997 with a B.S. in Health Ecology and a minor in Spanish. He played collegiate football at the University of Nevada, Reno from 1992-1996. Brian earned a Masters in Physical Therapy from Bradley University in Peoria, Illinois in 2002. He also served as Adjunct Clinical Faculty at the University of Nevada School of Medicine from 2004-2013. Brian is fluent in Spanish and enjoys working with patients of any age. He is primarily interested in working with sports injuries and post-surgical patients. He enjoys skiing, paddle boarding, and running. He joined the Reno Orthopaedic Clinic in 2013.
Physical Therapists, cont.

David Tompkins, M.S.P.T. received his BA in Health Sciences from the University of Nevada, Reno in 2001. He went on to receive his Masters of Science degree in Physical Therapy from the University of Nevada, Las Vegas in 2004 and subsequently joined the Reno Orthopaedic Clinic Physical Therapy and Hand Center. David enjoys the challenges of outpatient physical therapy with experience and training in the treatment of ankle, cervical spine, hip, knee, lumbar spine, shoulder, and thoracic spine patients. His approach is in the mechanical diagnosis and treatment of orthopaedic patients.

Tim Tulppo, P.T. received his Bachelors in Physical Therapy from University of Tennessee in Knoxville, Tennessee. His focus is general sports and orthopedic rehabilitation with an emphasis on knees and shoulders. Tim joined the Reno Orthopaedic Clinic Physical Therapy and Hand Center in 2007.

John Turri, M.S.P.T. graduated from University of Nevada, Reno in 1995 with a BA in Health Science and Administration. John also played baseball for the UNR Wolfpack team. He went on to earn a Masters degree in Physical Therapy from Andrews University, Dayton, Ohio in 1999. John’s focus and a majority of his continuing education training is shoulder rehabilitation and injury prevention. He has extensive training and experience with hip, knee and shoulder orthopaedic rehab. John is a certified golf fitness and medical instructor for the Titleist Performance Institute. He joined the Reno Orthopaedic Clinic Physical Therapy and Hand Center in 2006.

Ryan Wholey, P.T., D.P.T, C.S.C.S. graduated from Texas Tech University Health Science Center in 2014. Prior to that he went to Lewis-Clark State College and won two NAIA National Championships playing baseball. He graduated with a B.S. in Kinesiology in 2007 after which he became a personal trainer. Ryan enjoys good jokes, sports and triathlons. His primary interests are working with geriatrics, orthopedic, and return-to-sports training.
# Physical Therapy Facilities

## Reno

**Active Physical Therapy**  
3594 W Plumb Ln., Ste. B  
775.786.2400

**Advanced Testing**  
501 Hammill Ln.  
775.826.3455

**ATS Physical Therapy**  
5990 Silver Lake Rd. #D  
850 Mill St. #300  
775.337.8776

**Back In Motion Physical Therapy**  
10789 Double R Blvd. #100  
775.746.2206

**Body Wisdom Physical Therapy**  
1575 Robb Dr., Ste. 4  
775.827.3777

**Custom Physical Therapy**  
1610 Robb Dr.  
775.746.9222  
11331 S. Virginia St., Ste. 3  
775.853.9966

**Galena Sport Physical Therapy**  
16560 Wedge Pkwy., Ste. 200A  
775.384.1400  
1699 S. Virginia St.  
775.723.4555

**Moreland Physical Therapy & Sports Rehab**  
2225 N. McCarran Blvd.  
775.359.1199

**Nevada Physical Therapy**  
UNR Sports Medicine Complex  
775.784.1999  
5255 Longley Ln.  
775.823.5350

**Performance Physical Therapy**  
720 Robb Dr., Ste. 103  
775.787.3733

**Perter Barbieri Manual Therapy**  
660 Sierra Rose  
775.323.5458

**Physical Therapy Partners**  
10775 Double R Blvd. #100  
775.853.7475

--

**Premier Physical Therapy & Sports Performance**  
615 Sierra Rose Dr., Ste. 2A  
775.828.9724

**Regent Care Center of Reno**  
555 Hammill Ln.  
775.828.5600

**Reno Sports & Spine Institute**  
9400 Double Diamond Pkwy.  
775.852.5595  
5590 Kietzke Ln. #101  
775.284.4774  
15 McCabe Dr. #101  
775.788.5599

**Reno Orthopaedic Clinic**  
555 N. Arlington Ave.  
775.786.3040  
10085 Double R Blvd., Ste. 300  
775.850.1888

**Reno Outpatient Therapy**  
901 E. 2nd St., #101  
775.982.5001  
10101 Double R Blvd.  
775.982.5998  
1495 Mill St., Ste. 100  
775.982.3500

**Saint Mary’s Regional Medical Center – Outpatient Therapy**  
645 N. Arlington Ave., Ste. 350  
775.770.3104

**The Continuum**  
3700 Grant Dr., Ste. #A  
775.829.4700

**The Finley Center LLC**  
6490 S. McCarran Blvd., Ste. F52  
775.337.1334

**Todd’s Body Shop**  
Physical Therapy & Rehab  
1351 Corporate Blvd.  
775.825.6450

**SPARKS**  
Advanced Pediatric Therapies  
1025 Roberta Ln.  
775.825.4744

**Custom Physical Therapy**  
1450 E. Prater Way, Ste. 103  
775.331.1199

**Northern Nevada Medical Center Rehabilitation & Sports Medicine**  
2385 East Prater Way, Ste. 301  
775.356.4960

**Orthomed Physical Therapy**  
5901 Los Altos Pkwy., Ste. 103  
775.354.1188

**Premier Physical Therapy & Sports Performance**  
2175 Green Vista Dr., Ste. 210  
775.674.8903

**Reno Sports & Spine Institute**  
970 Roberta Ln. #100  
775.331.3030

**Reno Orthopaedic Clinic**  
5070 Ion Dr., Ste. 210  
775.786.3040

**Reno Outpatient Therapy**  
910 Vista Blvd.  
775.982.5998

**WINNEMUCCA**  
Humboldt Physical Therapy  
135 W. Second St.  
775.623.4813

**CARSON/MINDEN**  
Sports Therapy & Rehab  
303 Fleischman Way  
775.885.7827

**FERNLEY**  
Fernley Physical Therapy  
20 N. West St.  
775.575.5508

**Physical Therapy Partners**  
415 US HWY 95A, Ste. C-302  
775.575.1818

**Physical Therapy Partners**  
3595 US 50  
775.575.1818

---

You have a choice of where to go for physical therapy and the list above is provided as a starting point.  
**Be sure to verify that the provider is contracted with your insurance before making an appointment.**
Physical Therapy After Surgery

**Inpatient**
- Patient begins weight bearing on surgical leg using a walker or crutches
- Physical therapy for basic exercises and mobility

Physical Therapy After Surgery

**Outpatient**
- Evaluation consisting of patient medical history
- Assessment of Range of Motion (ROM)
- Initiation of exercises
- Instruction of home exercise program
- Frequency usually 2 to 3 times per week
- Total time on average 3 to 4 months
Hip Pre-Op Program

Stationary bike:
- 10-15 minutes daily

Stretching:
- Quad, Hamstring, Calf

Hip strengthening:
- Side-lying Lifts
- Straight Leg Lifts

Hip rotation strengthening:
- External Rotation
- Internal Rotation

Stationary Bike
Side Leg Lifts

Hip Strengthening

Straight Leg Raise (SLR)
Hip Extension

Heel Raises
Hip Post-Op Program

Post-Op Rehab Total Hip

Post-Op 6-14 days

- Sutures out, 1st post-operative visit with the doctor at 10-14 days
- Swelling and pain control with ice 5-6 x daily, 20 minutes
- Limit the amount of time standing and walking
- Hip strengthening as per your Physical Therapist

Post-Op Rehab Total Hip

Post-Op weeks 2-4

- Advance quad, hamstring, calf strengthening
- Stationary bike (10 min daily, no resistance)
- Balance program
- Manage swelling with ice as needed
Post-Op Rehab Total Hip

Post-Op weeks 6-12
- Stationary bike with combination of walking for endurance, 15-20 min. (swelling and pain dependent)
- Progression back to gym or home program for strength, depends on level of activity
  - Ball squats/leg press
  - Hamstring curls
  - Balance progression: single and double leg
  - Gluteal strength

Recommended Long-Term Activity

With Care and Modification
- Bike Riding
- Horseback Riding
- Ice skating
- Downhill Skiing
- Tennis
- Aerobic Exercises

Good
- Bowling
- Rowing
- Speed Walking
- X-Country Skiing

Highly Recommended
- Stationary bike
- Golf
- Swimming
- Walking
Post-Op Hip Precautions

**Anterior Approach**
- No hip extension past midline
- No crossing leg past midline
- No rotating the foot outward

**Posterior Approach**
- No hip flexion past 90 degrees
- No crossing leg past midline
- No rotating the foot inward

Knee Pre-Op Program

**Stationary bike:**
- 10-15 min. daily

**Stretching:**
- Quad
- Hamstring
- Calf

**Hip strengthening:**
- Side lying lifts

**Quad sets**
- Hamstring curls
- Heel raises

**Balance training**
Prone Quad Stretch

Hamstring Stretch
Calf Stretch

Balancing
Hamstring Curls

Knee Post-Op Program

Post-Op Rehab Total Joint

**Days 1-5**

- Elevation with ankle pumps (avoid pillows under knee)
- Pain control (meds and ice)
- Gait training with walker or crutches
- Quad sets
Ankle Pumps (elevated)

Post-Op Rehab Total Knee

- **Post-Op 6-14 days**
  - Sutures out, 1st post-operative visit with the doctor 10-14 days
  - Swelling and pain control with ice 5-6 x daily, 20 minutes
  - Limit the amount of time standing and walking
  - Range of Motion: 0-90 degrees
  - Straightening is the most important motion in the first 2 weeks
  - Hip and quad strengthening
**Post-Op Weight Bearing**

**Weeks 2-3:**
Weight bearing as tolerated using a walker or double crutches

**Weeks 4-5:**
Start using a single crutch or cane

**Week 6:**
Progress to full weight bearing if no limp present

---

**Post-Op Rehab Total Knee**

**Post-Op weeks 2-4**
- Advance quad, hamstring, calf strengthening
- Stationary bike (10 min daily, no resistance)
- Balance program
- Manage swelling with ice as needed
- Crucial time to regain ROM
  - Goals: 125-130 deg. flexion, 0 to -5 extension
Post-Op Rehab Total Knee

Post-Op weeks 6-12:
- Stationary bike with combination of walking for endurance, 15-20 min. (swelling and pain dependent)
- Stretching program cont. for Quads, Hamstring, and Calf to maintain motion
- Progression back to gym or home program for strength, depends on level of activity
  - Ball squats/leg press
  - Hamstring curls
  - Balance progression: single and double leg
  - Gluteal strength

Recommended Long-Term Activity

With Care and Modification
- Bike Riding
- Horseback Riding
- Ice skating
- Downhill Skiing
- Tennis
- Aerobic Exercises

Good
- Bowling
- Rowing
- Speed Walking
- X-Country Skiing

Highly Recommended
- Stationary bike
- Golf
- Swimming
- Walking
Resources

**Reno Orthopedic Clinic**
Go to [www.renoortho.com](http://www.renoortho.com) and find “specialty centers” in the menu at the top of the homepage. Click on “the center for joint replacement” in the dropdown menu to learn about us. On the far right you can select “patient education” for more on joint replacement. Scroll down to the page for more on “Total Knee Replacement” or “Total Hip Replacement.”

**AAOS**
You can access the American Academy of Orthopedic Surgeons website by following the instructions below:

Go to [www.renoortho.com](http://www.renoortho.com) and find “specialty centers” in the menu at the top of the homepage. Click on “the center for joint replacement” in the dropdown menu. On the far right select “patient education” and click on the AAOS logo, this will take you to the AAOS educational page where you can click on a specific body part.

**AAHKS**
You can access the American Academy of Hip and Knee Surgeons website by following the instructions below:

Go to [www.aahks.org](http://www.aahks.org), click on ‘Hip and Knee Care’ for a drop-down menu.
Mind Body Exercises

Harnessing the power of the mind-body connection

The mind-body connection means that you can learn to use your thoughts to positively influence some of your body’s physical responses, thereby decreasing stress. If you recall a time when you were happy, grateful or calm, your body and mind tend to relax.

Research has shown that when you imagine an experience, you often have similar mental and physical responses to those you have when the event actually happens. For example, if you recall an upsetting or frightening experience, you may feel your heart beating faster, you may begin to sweat, and your hands may become cold and clammy.

Whether you have been diagnosed with an illness or need to prepare for a medical procedure such as surgery, it is very important to minimize the negative effects and maximize the healthy, healing aspects of your mind-body connection.

A variety of calming and empowering mind-body exercises have been proven to help people:

- Decrease anxiety
- Decrease pain
- Enhance sleep
- Decrease the use of medication for post-surgical pain
- Decrease side effects of medical procedures
- Reduce recovery time and shorten hospital stays
- Strengthen the immune system and enhance the ability to heal
- Increase sense of control and well-being

While the exercises described are not alternatives to medical or surgical treatments, they provide a powerful way for you to actively participate in your own health care, minimize pain and insomnia and promote recovery.

Calming/Relaxation Exercises

The goal of calming and relaxation exercises is to help change the way you perceive a situation and react to it — to help you feel more in control, more confident or secure, and to activate healing processes within the body. Become aware of any tension, anxiety, change in breathing, or symptoms that you recognize as being caused or worsened by stress. When you take about 15 minutes daily to practice these exercises to help “quiet” your mind and help your body become more relaxed, you can then call upon this ability with a shorter relaxation exercise at a stressful time.

Relaxation Breathing Practice

- Be aware of your current breathing pattern and learn how to change your breathing rate from fast, shallow chest breathing to slow, abdominal breathing.

- Focus on your breath while you place one hand on your chest, the other over your navel. Imagine there is a balloon in your abdomen. As you take a slow, deep breath, focus on inflating the balloon in your abdomen. You will notice that your abdomen will rise much more than your chest. As you exhale, just let your abdomen fall naturally.

http://my.clevelandclinic.org/services/heart/prevention/emotional-health/stress-relaxation/mind-body-exercises
The goal is to learn how to breathe at six breaths a minute, about three or four seconds inhaling and six or seven seconds exhaling. Once you have the slow, deep breathing accomplished, don’t worry about counting and imagine breathing out any tension in the body or thoughts that get in the way of comfort and relaxation.

If it helps, you can imagine a spot located on your abdomen, just below your navel. Breathe into and through that spot, filling your abdomen with air, allowing it to expand. Imagine the air filling you inside from your abdomen, and then let it out, like deflating a balloon. With every long, slow breath out, you should feel more relaxed.

Try this exercise that incorporates a few different relaxation techniques:

- Begin by interrupting your normal daily thoughts. Think about what is going on around you. Then switch your thoughts to yourself and your breathing. Take a few deep breaths, exhaling slowly.
- Mentally scan your body. Notice areas that feel tense or cramped, such as your neck or shoulders. Loosen up these areas. Let go of as much tension as you can.
- Slowly rotate your head to the left in a smooth, circular motion, leaning your left ear to your left shoulder. Rotate your head to the right in a smooth, circular motion, leaning your right ear to your right shoulder. (Stop anything that causes pain.)
- Roll shoulders forward and backward several times. Let your muscles completely relax.
- Recall and focus on a pleasant memory.
- Take another deep breath and exhale slowly. You should feel more relaxed.
- Progressive muscle relaxation involves tensing and then relaxing specific muscle groups in the body, one at a time, and progressing throughout the entire body.
- The key to this exercise is to tighten a specific muscle group for at least 5 seconds until you feel the tension, and then release the muscles for 10 seconds, noticing the difference in how the muscles feel before and after the exercise.
- You can start by relaxing the muscles in your legs and feet, working up through each muscle group to your neck, shoulders, and scalp.

Guided Imagery
Close your eyes. Breathe normally through your nose. As you exhale, say to yourself the word “one,” or any other short word such as “peaceful,” or phrase such as “I feel quiet” or “I’m Safe.” Continue for 10 minutes. If your mind wanders, gently remind yourself to think about your breathing or your chosen word or phrase. Let your breathing become slow and steady.

Research shows that guided imagery and relaxation can decrease anxiety and pain and possibly shorten your hospital stay. Guided imagery is often presented on an audio program in which you are guided in using your imagination to induce peace, calm, strength and control. The calming music accompanying guided imagery can be helpful in quieting the mind.

The Cleveland Clinic Heart Center offers a free guided imagery programs for patients undergoing surgery and other procedures. Learn more < http://my.clevelandclinic.org/heart/prevention/emotional-health/stress-relaxation/behavior-change-resources.aspx>

Heart Center patients may also bring their own relaxation or guided imagery tapes. Please ask your doctor or nurse for more information.

The Touch Therapies Program includes light massage therapy, Reiki and Healing Touch™ to assist your recovery from medical or surgical interventions. The Touch Therapies Program is offered through a

http://my.clevelandclinic.org/services/heart/prevention/emotional-health/stress-relaxation/mind-body-exercises
partnership between the Healing Services Team and the Sydell and Arnold Miller Family Heart & Vascular Institute.

**Massage Therapy** is used to support your medical condition and aid recovery from procedures. Massage can help reduce muscle tension, relieve stress and soothe pain. A light, 10-minute massage (with your physician’s approval) can assist your experience of well-being as you are healing. Fee-based massage therapy is offered to family members and visitors to help decrease stress so they can effectively support you.

**Healing Touch™ and Reiki** are relaxing, nurturing energy therapies where gentle touch assists in balancing your physical, mental, emotional and spiritual well-being to promote a deep sense of relaxation. These therapies work with your energy to support your natural ability to heal.

To receive any of these complimentary touch therapies, please call Healing Services at ext. 59543 on your hospital phone or 216.445.9543. For more information about our program, please see the section in your binder, “Healing Services Touch Therapies Program.”

**Healing Services Team**

The Healing Services Team provides a comprehensive approach to help you during your hospital recovery. Services include holistic nursing, spiritual care and complimentary touch therapies as described previously. If you would like someone from the Healing Services Team to visit you, please call ext. 59543 on your hospital phone or 216.445.9543. You can also ask your nurse to place an order.

A Mind-Body Coach is a trained professional who can teach you multiple ways to use your mind to reach a higher level of peace, calm and comfort before surgery. You’ll also learn the “tools” to help you during recovery, including guided imagery. To schedule a one-on-one session with the Mind-Body Coach before or after surgery, please call Healing Services at ext. 59543 on your hospital phone or 216.445.9543. Please note this is a fee-based service. You can also ask your nurse to place an order.

**Self Help Relaxation Techniques**

These techniques will help you release muscle tension and relieve pain. Practice these techniques as often as necessary.

- **Fold and Hold:** If a muscle in the shoulders or neck is tight, you can release it without rubbing it. Just bend toward the tight side and hold it for 90 seconds. The muscle should be soft after doing this. If this causes any strain on the incision site, stop immediately. Do not use this method on legs.

- **Chucking/Jostling:** If a muscle is tight, brush lightly over the muscle with your hand and it should release in 30 seconds. Do not rub over any muscles that are near or under an incision, tube or if a medical device is implanted in the area.

**Spiritual Practices**

Centering prayer and meditation are some of the oldest methods of relaxation involving a specific mental focus. These techniques induce a deep state of relaxation and well-being. Many people find spiritual practices helpful in achieving total mind-body relaxation.

At Cleveland Clinic, a chapel is open 24-hours a day, seven days a week, to people of all faiths. The chapel is located on the first floor of the Glickman Tower, next to the Q elevators. The Red Coat staff can provide directions. A Muslim prayer room is also available.

To schedule a clergy visit from Spiritual Care, please call ext. 42518 on your hospital telephone or 216.444.2518. Or call our 24-hour Prayer Line at ext. 57200 or 216.445.7200.

http://my.clevelandclinic.org/services/heart/prevention/emotional-health/stress-relaxation/mind-body-exercises
**Music and Art Therapy**

Under the supervision of a board-certified music therapist, music therapy combines music and therapeutic techniques and aids in the physiological, psychological and emotional well-being of the individual during treatment of an illness.

Art therapy utilizes art media and the creative process to help patients in their healing and recovery. Art therapy can help patients decrease anxiety, manage stress, and deal with emotional issues.

For more information about music or art therapy, contact the Cleveland Clinic Arts & Medicine Institute at ext. 55083 on your hospital telephone or 216.445.5083.

Relaxation and Massage Suites, located on the 5th and 8th floors of the Miller Family Pavilion, are open 24 hours a day, 7 days a week. Patients and family members are welcome to go to these rooms to take a quiet break from the daily hospital routine. If you are staying in a unit that’s not on the 5th or 8th floors, please let your health care team know if you’d like to visit the suite. Please note that massages are available in these suites by appointment, during regularly scheduled times. To schedule a massage appointment, please call 216.986.HEAL (4325) and a scheduling specialist will assist you.

**Additional Resources**

**The Relaxation Channel:** on the Cleveland Clinic hospital television network. Programming is offered 24 hours a day.

**Cardiovascular Behavioral Health Clinic:** 216.444.9353 or 800.223.2273, ext. 49353

**Cleveland Clinic General & Health Psychology:** 216.444.5812 or 800.223.2273, ext. 45812

[www.clevelandclinic.org/psychiatry](http://www.clevelandclinic.org/psychiatry)

**Cleveland Clinic Gift Shop:** 216.444.1700 or 800.223.2273, Ext. 41700

**Cleveland Clinic Wellness store:** Miller Family Pavilion. Store hours are Monday-Friday, 8 a.m.-6 p.m.; Saturdays, 10 a.m.-4 p.m.; and Sundays, noon-4 p.m. or visit [www.ClevelandClinicWellness.com](http://www.ClevelandClinicWellness.com)

For more information

[Contact us](http://my.clevelandclinic.org/webcontact/webmail.aspx)?


[Chat online with a nurse](http://my.clevelandclinic.org/heart/chat_with_a_heart_nurse.aspx)

or call the Miller Family Heart & Vascular Institute Resource & Information Nurse at 216.445.9288 or toll-free at 866.289.6911.

**Talk to a Nurse: Mon. - Fri., 8:30 a.m. - 4 p.m. (ET)**

Call a Heart & Vascular Nurse locally 216.445.9288 or toll-free 866.289.6911.

[Chat Online](http://my.clevelandclinic.org/webcontact/webmail.aspx)

[Submit an Online Message (24/7)](http://my.clevelandclinic.org/webcontact/webmail.aspx)

[Schedule an Appointment](http://my.clevelandclinic.org/webcontact/webappointment.aspx)

Toll-free 800.659.7822

Submit an Online Request [http://my.clevelandclinic.org/webcontact/webappointment.aspx](http://my.clevelandclinic.org/webcontact/webappointment.aspx)

This information is provided by Cleveland Clinic and is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.

© Copyright 2016 Cleveland Clinic. All rights reserved. Cleveland Clinic © 1995-2014. All Rights Reserved.

9500 Euclid Avenue, Cleveland, Ohio 44195  800.223.2273  TTY 216.444.0261