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Your Bone and Joint Health: 10 Things You Should Know about Joint Replacement

1. Total joint replacement is usually a last-resort option; discuss non-surgical treatment options with your doctor first.
2. While joint replacement surgery does not cure arthritis, it does improve movement and ease localized pain.
3. Your overall health is a key contributing factor in deciding if a total joint replacement is right for you. Talk to your specialist about what you can do before surgery to help with recovery. Sometimes, just losing weight is enough to improve your joint health.
4. Put forth your best effort. A manageable routine of diet and exercise will be important before and after surgery.
5. A full recovery takes time, and the success is dependent on your effort and positive attitude throughout the rehabilitation process. Learn about your role and what hospitals offer these programs.
6. There are specific activity restrictions immediately following total joint replacement. Talk to your surgeon about goals you have to resume full activities.
7. Thanks to improvements in surgical techniques, prosthetic designs, bearing surfaces, and fixation methods, implants typically last 10-20 years.
8. Within 24 hours of surgery, most patients begin the process of walking and rehabilitation.
9. Talk to people. Joint replacement surgery has a high rate of success, and you should ask people about their experiences and results.
10. Do your research. Find out which orthopedic surgeons are performing large numbers of cases, using the most advanced techniques, and achieving the best outcomes.

»» ***To learn more about bone and joint health, join the Meridian Movement at www.MeridianHealth.com/Movement.***



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