

## Joint Ventures

### Hip and Knee Replacement Surgery

Total joint replacement (TJR) surgery, particularly for hip and knee joints, is being performed at an ever-increasing rate. The 2006 Annual Report from the Canadian Joint Replacement Registry (CJRR) found that even after accounting for population changes and aging there was a 21% increase in the rate of hip replacements over 10 years (between 1994 and 2005) and an 81% increase in knee replacements. This past year, the Ontario Ministry of Health announced an initiative to decrease wait times for joint replacement and the effects of this program are noticeable across the province as greater numbers of people have this surgery done.

There are a number of reasons for the increase in these procedures:

#### Demographics

The CJRR report found the largest rate of increase in patients between the ages of 45 and 54. By 2005 hip replacements doubled in this age group and knee replacement quadrupled since 1994. Older Canadians (65 plus) continue to make up the majority of joint replacement patients – 65%

of hip and 68% of knee replacement patients. However, the proportion of older patients to younger is shrinking as more Canadians are getting joints replacements at a younger age.

#### Obesity

The Canadian Institute for Health Information (CIHI) data show that people who are overweight are more likely to require joint replacements in Canada. In 2004/2005, 9 out of 10 knee replacement patients were either overweight or obese, compared to nearly 8 out of 10 hip replacement patients.

#### Hospital Stays

Over the past decade there has been a reduction in the number of days that patients stay in hospital after joint replacement surgery. These days it is common to be discharged from hospital four days after the surgery and to receive post-surgical rehabilitation physiotherapy at home, through the Community Care Access Centre. With ongoing shortages of acute-care hospital beds, earlier discharge programs allow for greater numbers of procedures.



### Are You a Candidate for Hip or Knee Replacement?

You may be in need of joint replacement surgery if you suffer from:

- Pain
- Reduced range of motion
- Difficulty walking
- Altered balance

Your family physician will refer you to an orthopaedic surgeon who will assess your problem and determine whether a joint replacement is indicated. If a joint replacement is scheduled you will generally wait for two to twelve months for surgery.

## This Season's Must Have Tool

The **AIRGO® COMFORT-PLUS™ QUAD CANE** is a cane that fits you properly with a substantial tip and is suited for walking on ice or snow before and after joint replacement surgery. It is ideally extensible, affordable, and comes in a wide range of funky colours.

For more information see:

[www.amgmedical.com/site/amg\\_whatsnew.asp](http://www.amgmedical.com/site/amg_whatsnew.asp)

# Therapacc's Role in Joint Replacement Surgery

## Three Months Before Surgery

Our **Physiotherapist** can:

- assess your weakness and limitations
- provide you with an appropriate exercise program for balance and strengthening
- recommend pain relief techniques and positioning
- prescribe a walking aid and instruction on proper use.

Our **Occupational Therapist** can:

- assess your living environment, recommending alterations for home safety
- prescribe equipment to help accomplish activities which have become difficult to complete, such as bathing, dressing, and meal preparation.

## 1-2 Months Before Surgery

The Community Care Access Centre (CCAC) will arrange to have a **physiotherapist** visit you at your home to prescribe appropriate pre-op exercises and prepare you for your post-surgical rehabilitation and make arrangements for any equipment you may require before or after surgery. Please note that these processes may vary from region to region depending on the protocols that have been developed with the orthopaedic surgeons in the region.

## After Surgery

After your discharge from hospital you will be visited in your home by a CCAC-referred (home care) physiotherapist. The physiotherapist will help you follow a strengthening, balance and range of motion exercise program; and progress your walking capabilities, gradually reducing use of a walker or cane. Once your home care physiotherapy program comes to an end – generally after two to six weeks or six to eight visits, and you are able to safely leave your home, continuing with a physiotherapist-supervised exercise program will help to maximize recovery.

Treatment can continue at one of our physiotherapy clinics or physiotherapy supervised pool programs.

The benefits of supervised exercise after the home care program are:

- ensures return to functional strength of hips or knees so that you can safely resume your activities of daily living
- provides gait training to eliminate residual limping
- improves balance for safe walking and fall prevention.



## Therapacc's Mission

*To enable each client to achieve the highest level of function, independence and well-being.*

## did you know?

- THERAPACC IS LOCALLY OWNED AND OPERATED BY NINE THERAPISTS: THREE OCCUPATIONAL THERAPISTS AND SIX PHYSIOTHERAPISTS
- OUR COMPANY COVERS A 13,221 SQUARE KILOMETERS AREA FROM LAKE ONTARIO TO ALGONQUIN PARK, LARGER THAN THE STATE OF NEW JERSEY!
- OUTPATIENT THERAPY SERVICES ARE OFFERED AT OUR THREE CLINICS IN CAMPBELLFORD, LINDSAY & BOBCAYGEON
- ASSESSMENT AND TREATMENT SERVICES ARE PROVIDED IN PRIVATE HOMES, LONG-TERM CARE FACILITIES, RETIREMENT HOMES AND WORK PLACES THROUGHOUT THE COUNTIES OF VICTORIA, HALIBURTON, PETERBOROUGH & NORTHUMBERLAND. WE ARE THE CONTRACTED THERAPY SERVICE PROVIDER FOR THE REGION'S COMMUNITY CARE ACCESS CENTRE
- OUR REHABILITATION TEAM NOW INCLUDES: 26 PHYSIOTHERAPISTS, 17 OCCUPATIONAL THERAPISTS, ONE SPEECH LANGUAGE PATHOLOGIST, 11 REHABILITATION ASSISTANTS AND 11 ADMINISTRATION PROFESSIONALS

*If you would prefer to receive the Rehab Review newsletter in an electronic format or if you have any comments, please contact us at (705)324-5085 or 1-800-339-7792 or info@therapacc.com.*



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