



REHABILITATION INFORMATION

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Patient: _____

MR#: _____

Rehabilitate at Home – In the past, many patients have gone to a rehabilitation center for their post-acute care after joint replacement surgery. Recent advances in surgical techniques, pain management, and accelerated rehabilitation protocols allow patients to be discharged directly home from the hospital. Patients in good health, with support at home, and with a safe environment are the ideal candidates to recover at home after surgery. Outcome studies after joint replacement surgery favor rehabilitation at home and therefore, I prefer to send my patients to recover in the comfort and privacy of their own home whenever possible. Home health agencies are available to provide services, including visits from nurses and therapists, at your home during the first 2-3 weeks after surgery. Below is a brief list of home health agencies that I recommend:

- Aspire Home Health Care, (877) 270-1812
- Guardian Home Health, (847) 441-5020

Rehabilitate at a Facility – Some patients will require the services of a nursing home after their discharge from the hospital. These facilities provide physical therapy and nursing care. Patients discharged to these facilities usually stay for a limited period of time before going home. The final decision on whether an individual is ready for home care is a joint decision between the patients and the care team at the rehabilitation facility.

Regardless of where you plan on rehabbing after surgery, I believe in a hands-on program designed to meet your own specific needs as you progress toward independence and return to activity. I encourage your family and friends to be part of the rehabilitation process.

Outpatient Physical Therapy

If Outpatient Physical Therapy is recommended as your best option, choose a location that is near your home. Since you may not be able to drive, you may need someone to give you a ride to your appointments.

Please do not hesitate to contact me regarding your post-surgical care options.