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# TOTAL **JOINT** SUCCESS

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Your Guide to a Total Joint Replacement

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# THANK YOU FOR CHOOSING US

**Thank you for choosing Colorado Advanced Orthopedics at Pioneers Medical Center for your orthopedic surgery needs.**

Our goal is to provide personalized care to help you get back to the full and active lifestyle you desire. I hope you find the small-town atmosphere welcoming. You should never feel rushed or feel like a number. Everyone, including our nurses, medical assistants, physician assistants, physical therapists and administrators, wants you to have a comfortable and positive experience. I encourage you to provide feedback and ask questions at any time.

We have worked very hard to become the premier joint replacement hospital for Western Colorado. We specialize in shoulder, hip and knee replacement surgery utilizing proven techniques and technology. We are on the forefront of joint replacement advancements, with technology such as the Stryker Mako Robotic-Assisted Surgical Arm for total and partial knee replacements. We utilize advanced templating software called RadLink during hip replacement surgeries to ensure perfect implant alignment. Shoulder replacement implant placement is customized using Tornier Blueprint technology. Coupling proven technology with meticulous surgical technique ensures that we have optimized outcomes and reduce the risks of complications. In addition to primary joint replacement

▼ **Dr. Kevin Borchard, M.D.**

Dr. Kevin Borchard is a board-certified orthopedic surgeon with a fellowship in total joints. During his joint reconstruction fellowship at the New England Baptist Hospital in Boston, he completed over 900 complex joint replacement surgeries, working with some of the top surgeons in the field.



surgeries, we perform revisions or repairs of previous joint replacements that are not functioning correctly or are painful. Whether an initial joint replacement is complicated by infection, instability, malalignment or has just worn out, revision surgery can provide an effective long-term solution.

You can be confident that your surgery is being performed with the attention to detail that comes with extensive experience and fellowship training. A fellowship is an additional year of training in a specialized field, such as joint replacement surgery. I performed my fellowship at the New England Baptist Hospital in Boston, Massachusetts, one of the busiest joint replacement hospitals in the nation. During my fellowship year, I performed over 900 complex joint replacements and revision surgeries. I had the opportunity to work with many expert surgeons, some of whom designed modern implants and techniques. One of the surgeons I trained with is Dr. Dan Ward, who now joins me as a visiting surgeon at Colorado Advanced Orthopedics. Dr. Ward continues to be an attending surgeon at the New England Baptist Hospital. He is actively involved in research and training fellows. We have each performed thousands of joint replacements and are

constantly looking for ways to improve outcomes and decrease risks of complications.

We have put together an outstanding team of nurses, physician assistants, medical assistants and physical therapists. Everyone works together from the very first clinical visit to the final post-operative follow up to ensure you can proceed to surgery with confidence and complete your rehabilitation successfully.

In addition to joint replacement surgery, Colorado Advanced Orthopedics has assembled a team of fellowship trained surgeons to offer specialized care in hand and upper extremity surgery, spine surgery, sports medicine and traumatic knee surgery and finally, non-operative management of sports and spine injuries with ultrasound guided therapeutics. No matter what orthopedic problem you may encounter, we are with you every step of the way. Thank you in advance for entrusting us with your care.

*Dr. Kevin Borchard, MD*

# Preparing for Your Surgery

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## **Flat Tops Wilderness**

With more than 110 lakes and ponds to explore, the Flat Tops covers a whopping 35,214 acres of land. Enjoy the clean air, fresh water, and traverse over 160 miles of trails as you venture into the woods.

Colorado Advanced Orthopedics Sports Medicine and Spine Center is pleased that you and your doctor have chosen us to provide your joint replacement services. We are a team focused on consistently providing excellent care and we work together to assure your success both before and after your procedure.

### Contacting Our Team

Have any questions or concerns? The following is a list of our team members and their phone numbers.

Orthopedic Clinic	(970) 878-9752
Orthopedic Clinic Supervisor	(970) 878-9785
Hospital Surgical Department	(970) 878-9311
Anesthesia Providers	(970) 878-9740
Hospital Nursing	(970) 878-9292
Physical Therapy/ Occupational Therapy	(970) 878-9298
Lab	(970) 878-9279
Diagnostic Imaging	(970) 878-9269
Meeker Drugs (on-site Pharmacy)	(970) 878-9797
Discharge Planner	(970) 878-6124
Surgical Authorization Specialist	(970) 878-9316
Pioneers Medical Center Main Line	(970) 878-5047

**In the event of a medical emergency, please call 911.**



## **Things to Know Prior to Your Surgery**

### ***Dental Evaluation***

The incidence of infection after total joint replacement is very low, but an infection may occur if bacteria enter your bloodstream. To reduce the risk of infection, major dental procedures (such as tooth extractions and periodontal work) should be completed before your total joint replacement surgery. After your total joint surgery, it is recommended that you receive a dose of prophylactic antibiotics 1 hour prior to any dental procedure lifelong. Avoid dental work for at least three months, post operation, unless it is an emergency. Please discuss this with both your dentist and your primary care provider for your future healthcare planning.

### ***Nicotine & Tobacco Use***

Nicotine use prior to and after surgery can cause delayed healing, which can cause an increased risk for infections. We require our patients to quit all nicotine use at least 6 weeks prior to surgery and 6 weeks after surgery. If you use any smoke or vapor products, we advise you to stop as soon as possible. You can speak with your Primary Care Provider about smoking cessation options that will best suit your needs. Patients may be prescribed a nicotine patch during their hospital stay if indicated.

If you use smokeless tobacco, we also encourage you to quit as soon as possible. Your Primary Care Provider may test your nicotine levels at the time of your pre-operative appointment. Your surgeon and/or anesthesia provider reserve the right to postpone or cancel your surgery based on your nicotine use and/or nicotine levels.

### ***Pre-Surgery Recommendations***

Get yourself physically ready for surgery. Engage in exercises that have limited joint stress but allows you to exert yourself. Swimming using a kick board in the water, bicycling, stationary bike, recumbent stepper, seated aerobics are great examples of exercises that will prepare you for surgery and improve your recovery time. Consult with your provider if you have a cardiac condition. Avoid pedicures prior to a total joint operation, as it can increase the risk for infection.

Please leave all valuables at home, including any jewelry you regularly wear. The surgical department will call you 5 to 7 days prior to your day of surgery to let you know both the time of your procedure and when to arrive at the hospital. If you do not hear from the surgical department, please reach out to them directly at (970) 878-9311. We recommend

packing a small, overnight bag with person hygiene items, an extra set of comfortable clothing, a robe or loose-fitting pants, and a comfortable pair of shoes. If you utilize a CPAP or BIPAP machine, we ask that you bring that with you. Additionally, please bring any medications you take at home, including any inhalers you have been prescribed.

If you currently use any mobility devices or have obtained any for the recovery period, bring them with you on the day of your procedure, along with a photo identification, and your insurance information or insurance card.

### ***Weight and BMI***

If you are undergoing a total knee or hip replacement, your BMI must be equal to or less than 40 at the time of your surgery. BMI, or Body Mass Index, is a combined measurement of a person's height and weight that can be used to inform your provider about the amount of body fat a person carries.

For adults, a BMI between 18.5 and 24.9 is considered to be a healthy weight, whereas 25 to 29.9 is overweight, and 30+ is considered obese. A value below 18.5 is considered underweight. At the time of your consultation, we will work

with you to help you achieve a healthier weight if your BMI is greater than 40, including recommending referrals to a health management program and nutritional services to help you improve your quality of life. A BMI of less than 40 is also associated with better surgical outcomes. In this case, we will coordinate with your PCP to ensure you've met your goal BMI at least one month prior to your scheduled surgical date.

The National Institute of Health (NIH) provides a free, online BMI calculator. There is also a BMI table in the appendix of this booklet for your reference.

### ***Preparing Your Skin***

You will be provided with surgical soap and scrub brushes at your pre-operative appointment. Starting three consecutive days prior to your surgery, shower every day with the surgical soap. You are welcome to shower the morning of surgery; however, the surgical department will prepare your skin an additional two times prior to your surgery the day of.

### ***Home Medications***

At your pre-operative appointment, we will discuss the need to bring any specialty medications with you to your surgery. These include



medications that we do not carry in our own hospital pharmacy. Please bring these medications with you on the morning of surgery in their original containers. Please make sure that you fill out the patient medication record within this booklet as well. It is critical to have this completed and brought with you to your pre-operative appointment.

Your care team will go over your medications with you once you are admitted to the hospital. Your physician will order the medications that they want you to continue while you are in the hospital. Your nurses will administer these medications. Some of the tablets or capsules that you get in the hospital may be a different shape or color than you take at home; this is because they are a different brand or your physician has made a change in your therapy. If you take your medication at a certain time at home and you want to continue with that schedule, let us know. We can adjust to a schedule that works for you. Your own medications will not be used unless we do not carry a particular medication that you need.

Do not take your own medications without the permission of the nursing staff. If you have questions about any medication you receive in the hospital, please consult with your

nurse or our pharmacist.

### ***Additional Considerations for Your Surgery and Recovery***

- **Transportation** – Arrange for transportation home after your hospital stay. It is not uncommon for patients to be unable to drive for the first 2 weeks following surgery.
- **Groceries** – stock up on extra groceries prior to your appointment or arrange for a family member or friend to deliver groceries to you.
- **Meals** – plan or prepare ahead of time healthy meals.
- **Pets and Childcare** – Taking care of pets or children can be difficult immediately after your surgery. If possible, arrange for child or pet care ahead of time.

#### **Important Note About Your Surgery**

We reserve the right to cancel or postpone your surgery if any of the following requirements are not met:

- Clearance by your Primary Care Provider.
- No foods or drinks (nothing by mouth) in the 12 hours before your surgery.

If applicable:

- Dental clearance.
- Your BMI is >40.
- Nicotine use has ceased.
- A1C of 8 or lower (diabetic patients only).
- Specialty clearance is obtained, as instructed by your care team.
- Certain medications are stopped as instructed by your care team.

# Preparing Your Home

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**Steamboat Rock within Dinosaur National Monument**

Explore the home of dinosaur fossils and discover your inner paleontologist. Raft down the river, camp, or stick to the world-class museum offerings of the area. At 210,844 acres, the monument is certainly a memorable experience.

Much of the success of your joint replacement surgery depends on how well you follow your surgeon's and physical therapist's instructions at home during the first weeks after surgery.

Preparing your home to avoid falls is an important and necessary part of planning for your recovery. A fall during the first few weeks after joint replacement surgery can damage your new joint and may result in a need for further surgery.

### **Adaptations for Your Home**

These are some changes and adjustments you can implement into your home and routine to make recovery safer and easier to navigate:

- Install safety bars in your shower or bath.
- Place a rubber-backed/non-skid rug outside of the shower.
- Install and/or secure handrails along your stairways.
- Identify a stable chair to use during your early recovery with a firm seat cushion (and a height of 18 to 20 inches), a firm back, two armrests, and a footstool for intermittent leg elevation.
- Obtain a toilet seat riser with arms or a toilet frame, if you have a low toilet.
- Obtain a stable tub transfer bench or chair to use during showering.
- Install a hand-held shower nozzle.
- Ensure paths in the home are free of throw rugs, loose carpeting, clutter and cords.
- Create a temporary living space on the main floor for the first few weeks because walking up and down stairs will be more difficult during your early recovery.

## Examples of Assistive Devices



Frame or bedside commode



Shower or tub transfer bench



Toilet seat riser with handles

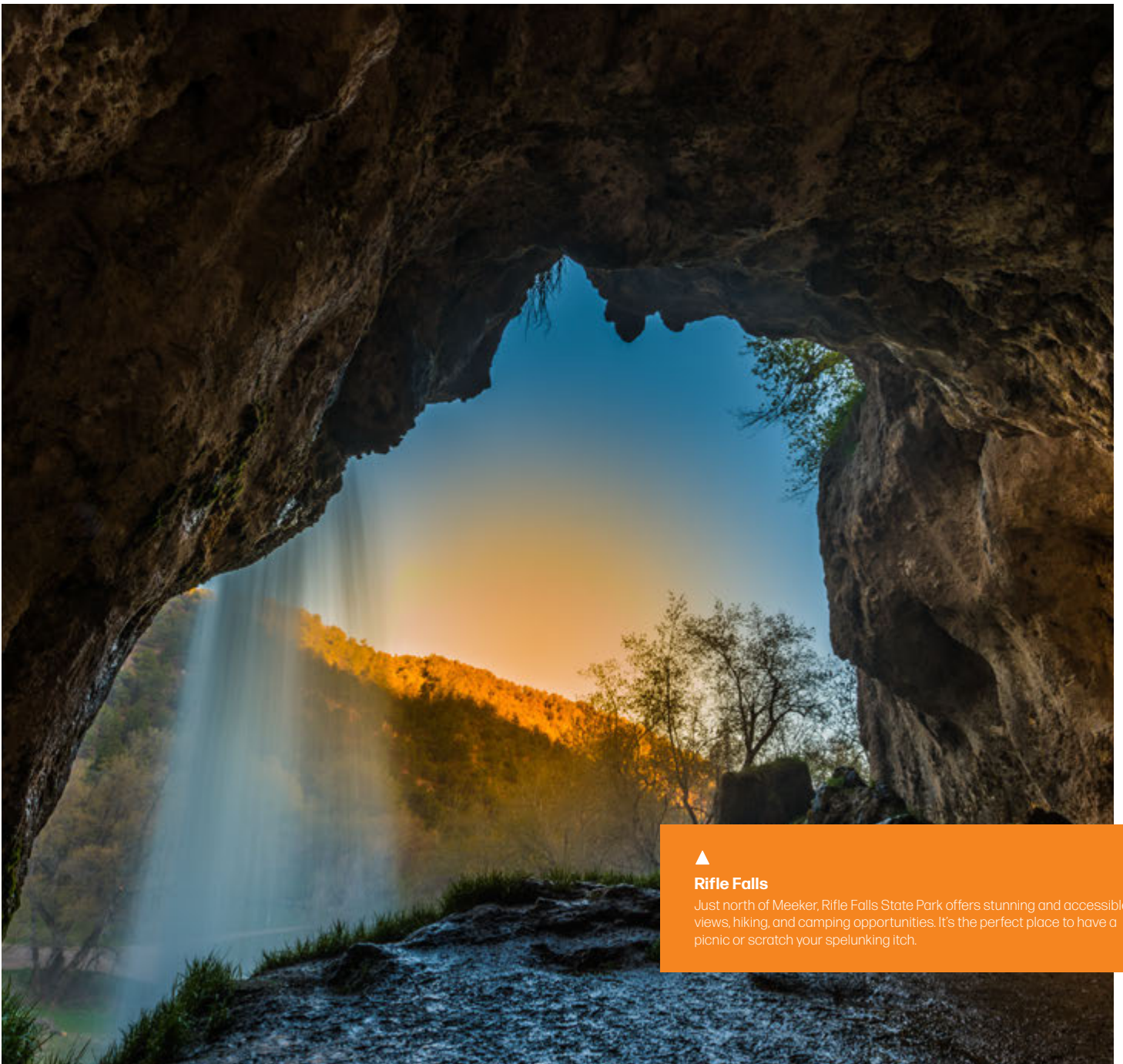
Other assistive devices include a reacher, a chair with armrests, non-slip mats, long-handled sponges or brushes, and even sock or shoe aids. If you have any questions or concerns about the assistive devices you may need, don't hesitate in contacting your Orthopedic team.

- Locate any assistive devices you already own or those you plan to borrow from another person.
- Practice using them in the home to determine if your doorways are wide enough for the equipment.
- If you can, bring your doorway measurements with you.

Your physical therapist will help determine the most appropriate assistive device for you to use during your recovery. If you do not already have an assistive device (walker, cane, crutches) your rehabilitation team will assist you in obtaining one. For example, we strongly recommend a front wheeled walker over a four wheeled walker.

# The Day of Your Surgery

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## Rifle Falls

Just north of Meeker, Rifle Falls State Park offers stunning and accessible views, hiking, and camping opportunities. It's the perfect place to have a picnic or scratch your spelunking itch.

It's our goal to ensure that the day of your surgery goes as smoothly as possible. You should expect arriving a few hours prior to your scheduled procedure time to allow time for the team to prepare you for surgery.

### **Admission to the Hospital**

You will be admitted to the hospital a few hours prior to your surgery.

During this time you will be prepared for surgery and have the opportunity to speak to your registered nurse, anesthesia provider and your surgeon.

### **What to Expect**

Once you have been fully prepared for surgery, you will be taken to an operative suite where your Surgical Team will perform your procedure. On average your procedure can take 1-3 hours.

### **Anesthesia**

Anesthesia is the process of inducing a pain-free, tranquil, sleep-like state

for your surgery. Your anesthesia provider has several options to carry you comfortably through surgery without pain. Some medical conditions may make one option more preferable. Whichever technique is chosen, you can be assured that your operating room experience will be a comfortable and painless one.

### ***General Anesthesia***

You are first given medication to induce a sleep-like state, followed by a gas anesthetic agent administered by a mask into your lungs. During the operation, you will be attached to monitors that display information on your heart rate and rhythm, the oxygen level in your bloodstream, your body temperature, and your

blood pressure. Your anesthesia provider continually checks these monitors to ensure your safety and comfortable care in the operating room setting.

### ***Regional Anesthesia***

There are many types of regional anesthesia that can be implemented in your care. Spinal, epidural, or femoral and sciatic nerve blocks may be used in combination or individually to assist with your pain control. Femoral nerve blocks are administered in your pre-operation room with the use of ultrasound and medications administered through an IV. When this type of anesthesia is used, you are monitored as described above for general anesthesia during your procedure.

Some patients may not consider regional anesthesia because they believe they will be awake during the procedure. This is not true. In regional anesthesia, you also receive medications that allow you to sleep peacefully throughout the operation. However, unlike general anesthesia, when regional anesthesia is discontinued, you will awaken almost immediately and with minimal pain. This is because the anesthesia in the area blocked will still be working after you awake.

### **After Your Surgery**

After your surgery is complete, you will spend time recovering in two units: the Post-Anesthesia Care Unit and the Medical/Surgical Unit.

#### ***Post-Anesthesia Care Unit (PACU)***

You will be brought immediately following surgery to the PACU where an RN will monitor you one-on-one to make certain you are stable and your pain is under control. You may be in PACU for 30 minutes or up to 2 hours. Your family may not be able to see you until you leave the recovery area.

#### ***Admission to the Medical/Surgical Unit in the Hospital***

You will be given a private room where your family and friends will be able to visit you from this point forward (unless otherwise indicated given infectious disease restrictions, such as COVID-19). Your vital signs will be monitored frequently to assure that you remain stable. It is normal to feel very groggy, sleepy and possibly nauseated. Please communicate this with your nurse so that he/she can help you to feel better.

#### **Other After Surgery Guidelines**

There are other important considerations to keep in mind during your hospital stay immediately after surgery, including antibiotics, blood clot prevention, and diet.

### ***Antibiotic Therapy***

Antibiotics may be continued for the first day after surgery to help prevent infection.

### ***Blood Clot Prevention***

A Thromboembolic Disease (TED) hose and sequential compression devices will be placed on your lower extremities to help prevent blood clots. You are encouraged to wear these for at least two weeks after your surgery.

### ***Diet***

You will be started on sips of water and clear liquids. Your diet can be advanced as your post-surgical teams deems that you are able to tolerate it.

### ***Getting Out of Bed***

If you have had a nerve block, you may be very unsteady and the risk of falling is greater than you may perceive. It is very important that you do not get out of bed without assistance. The therapy staff will assist you and show you techniques to keep yourself safe.

### ***Medications for Constipation***

With the increased use of pain medications, a stool softener is usually started to decrease the risk of constipation. This can be continued at home as well.

### ***Nicotine***

If you are a smoker please let us know. Though we are a non-smoking facility, your comfort is very important to us. Please let us know right away if you desire a nicotine patch. If you would like more information on quitting smoking, we have excellent resources available.

### ***Oxygen***

Oxygen therapy may be required following surgery while you are still groggy. In some cases, oxygen therapy will continue after you are discharged.

### ***Ice Therapy***

Ice packs will be placed on your surgical site(s) during your stay to help alleviate inflammation. Cooling therapy is further explained in the next chapter.

### ***Respiratory Care***

The Incentive Spirometer (IS) is a very important device that helps you maintain proper lung function. Surgery and lack of mobility can interfere with the normal functioning of your lungs. We will be asking you to use your Incentive Spirometer every 30 minutes while you are awake after your surgery. Your post-surgical team will assist you with using the device.



### ***Surgical Dressing***

You will be released from the hospital with a water resistant dressing. This dressing is safe for the shower but is not intended for soak in water. If the dressing gets wet on the absorbent part of the dressing, please call out orthopedic office. Otherwise, the dressing stays in place for two weeks and will be removed at your 2-week post op appointment.

### ***Urination***

It is not uncommon to have some difficulty urinating following surgery. There are times that a catheter needs to be placed to drain your bladder. We will be monitoring your urinary output closely in the hospital setting.

### ***Mobility***

Your nurses or physical therapist will help you to get mobile as soon as it is deemed appropriate by your care team. Our goal is to get you up and moving as soon as possible to promote better healing and recovery; including the same day as your surgery if possible.

# Pain Management

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## Devil's Causeway

At the peak of the Flat Tops above Trapper's Lake, Devil's Causeway provides unparalleled views of the wilderness along with a challenging hike. At only four feet wide at some spots, the trail is extremely rewarding for those that dare take on the challenge.

Managing your pain after your surgery is important to both your recovery and to us. During your stay, you will continuously discuss your pain management goals with your nurse who will document and track your pain.

### **Understanding Your Pain**

Pain in some form is expected after a surgical procedure. Pain can include many types of discomfort and can occur in various places in your body. It might be described as any of the following: a dull ache, pulling, tightness, cramping, burning, stabbing, or other unpleasant sensations.

Managing your pain after surgery is one of our top priorities. Different scales can be used to assist you in measuring your pain. This information will be important to give to the doctor and nurses so they can determine which medications to use to help lower your pain. It is important have tolerable levels of pain control during

your recovery to promote healing and to ease movement and physical therapy.

### **Setting Goals for Pain Control**

To perform your activities of daily living, you need to set goals for your pain control. One of these goals should be a tolerable level that allows you to participate in your recovery activities. Some of those activities may be coughing and deep breathing right after your surgery. Other activities will include working with physical therapy to regain mobility.

As you begin planning for going home, your goals for pain will continue to change as your activities increase. Studies show if your pain

rating is a “4” or higher (out of ten), you may find it much more difficult to carry out your daily goals. It is very important to talk with your Orthopedic Team as honestly and openly as possible about your pain, so your treatment can be adequately managed.

### **Important Points to Remember While Taking Pain Medication at Home**

- Carefully read the instructions on the labels for dosage, frequency, and any precautions.
- Your providers may provide suggestions for at home pain management. Be sure to follow your provider’s directions on how much to take and how often.
- Some pain medications may make you sleepy and dizzy. For these reasons, it is not recommended to operate a vehicle or other machinery whilst you are taking these medications.

### **Using Cooling or Ice Packs at Home**

The application of an ice pack or frozen gel pack can help reduce swelling. Use an ice pack or frozen gel pack for as directed by your care time. If you are using an ice pack, place a clean, dry towel between your skin and the ice pack. Do not place the ice pack directly on your skin. For frozen gel packs, place it inside the included sleeve or use a towel as

previously described. Wait at least an hour and a half to two hours before using an ice pack or frozen gel pack again. Do not use cooling therapy on any red areas or if you have any burning or numbness. Consult with your Orthopedic Team if you have any questions about cooling therapy.

*Inform your medical team if you experience any of the following:*

- Dizziness
- Nausea or mild stomach pain
- Constipation (consider using stool softeners)
- Unusual tiredness or weakness
- Confusion

### **Additional Resources**

Please note that these resources are here to supplement information provided to you by your Orthopedic Team.

**American Association of Hip and Knee Surgeons**

[www.hipknee.aahks.org/](http://www.hipknee.aahks.org/)

**National Institute of Arthritis and Musculoskeletal and Skin Diseases**

[www.niams.nih.gov/community-outr-each-initiative/understanding-joint-health/joint-replacement-surgery](http://www.niams.nih.gov/community-outr-each-initiative/understanding-joint-health/joint-replacement-surgery)

**In the event of a medical emergency, please call 911.**

# Medications to Know About

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## Meeker, CO

Home to Pioneers Medical Center, Meeker is a cozy town with a population of around 2,500 residents. Although small in size, Meeker sports tens of miles of immediate hiking trails, one park for every 250 people, and a vibrant local culture based around the downtown area pictured above.

The following list of medication explanations are provided as a convenient reference. You may be prescribed some of these medications for after your hospital stay to help you recover and avoid complications.

We recommend reviewing this section, as food and drug interactions may occur with some of the medications you may be prescribed, along with any herbal or nutritional supplements you are currently taking or may be taking in the future.

Herbal preparations and food supplements also have the potential to affect how prescription medications work. It is important to discuss these with your Orthopedic team and caregivers so you and they are fully informed. If you have any questions or concerns about potential interactions, please ask your Orthopedic team for more information.

#### **Anticoagulant and Antiplatelet Medications (Blood Thinners)**

You will receive anticoagulant therapy while you are in the hospital. These medications are often called “blood thinners” and are used to keep blood flowing and prevent the formation of blood clots. All patients continue to take a blood-thinning medication for 4 weeks after surgery unless otherwise instructed by the doctor.

#### ***The most common Antiplatelet medications are:***

- Aspirin taken once (or twice) a day for 4 weeks

#### ***The most common Anticoagulant medications are:***

- Lovenox® an injection given in the abdomen once (or twice) a day. Your doctor will control the dosage and length of time you are on this medication.
- Coumadin® (warfarin) taken by mouth, usually daily. A blood test helps the doctor determine what the dosage of Coumadin® should be. If your doctor prescribes Coumadin® after you go home, you will also need to have your blood levels checked as often as your physician orders
- Eliquis (apixaban) blocks the activity of certain clotting substances in the blood and often used after hip or knee replacement surgery to prevent a type of blood clot called deep vein thrombosis (DVT), which can lead to blood clots in the lungs (pulmonary embolism).

Your bleeding time will be monitored, therefore it is important to maintain a consistent diet of foods containing Vitamin K. Vitamin K affects the clotting factors in your blood, therefore it is important to avoid unusual increases or decreases of foods high in Vitamin K. It is best to avoid strictly vegetarian diets that consist of foods high in Vitamin K.

It is important to limit your consumption of alcoholic beverages

when taking these types of medications. Ask your doctor how much, if any, alcohol you may consume.

### **Herbal Preparations and Food Supplements**

Due to the tremendous numbers of preparations and products available, and the potential for significant interactions with medications you may be taking during your hospitalization, it is important to tell your doctor, nurse, and pharmacist before taking any supplements.

Examples of medications that require special considerations are on the table on the next page. It is imperative that you check in with your Orthopedic Team if you are unsure about starting a new herbal supplement. Herbal preparations or food supplements should be avoided if you are pregnant or breast-feeding, unless your doctor has specifically instructed you on their use.

## Herbal Supplements and Interactions with Medications

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Herbal supplements have the potential to interact with many different classes of drugs or with specific medications, including but not limited to:

Anxiolytics (anxiety medication)	Blood thinners
Antidepressants	Beta-Blockers
Digoxin	Diuretics
Lithium	Diabetic medications (oral)
Sedatives	Steroids
Wafarin (Coumadin®)	

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These herbal supplements may lead to drug interactions, such as with those listed above and potentially other unlisted medications:

Echinacea	Feverfew
Fish oil	Garlic
Ginko	Ginseng
Guarana	Hawthorn
Kava-Kava	Licorice
Ma Huang	Red Yeast
Saw Palmetto	St. John's Wort
Yohimbe	Vitamin E
Valerian	Kratom

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Some multivitamins or combined supplements may contain some of the herbal supplements listed above. Be sure to check the supplement information on the containers for any ingredients that may be on this list.

If you are unsure whether or not a supplement you take or are planning to take will interfere with your medications, please don't hesitate in reaching out to your Orthopedic Team.



# Physical and Occupational Therapy

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## Quarry Exhibit Hall at Dinosaur National Monument

Located within the expansive Dinosaur National Monument, the Quarry Exhibit Hall allows you to see a wall of over 1,500 dinosaur bones before you embark on a short walk to find other fossils on the grounds.

## **Rehabilitation During Your Stay**

Typically, you will have a one-night stay in the hospital. You may qualify for extended rehabilitation, either hospital-based or off-site, under your insurance plan if a longer stay is needed. During your hospital stay, you will receive physical and occupational therapy services to optimize your independence and safety prior to discharge. In the hospital, our rehabilitation team will work with you 1-2 times a day. The rehabilitation team will also participate in your discharge planning to determine what equipment and level of assistance you will need in order to return home safely.

## **Outpatient Physical Therapy (PT)**

For some procedures, we will refer you to outpatient physical therapy services to assist you in regaining your mobility with your new joint(s).

### ***For Total Knee Replacements***

An initial outpatient PT visit should be scheduled the same week of surgery. Please ensure that this is scheduled prior to your surgery. Outpatient PT will take place up to three times a week for six weeks.

In the first three weeks after your surgery, your physical therapist will prioritize getting your knees straight. This also means that there are no

pillows or support under your knee (ankle support is acceptable). This is imperative to your final recovery.

Outpatient PT will teach you appropriate restorative exercises, how to properly transfer in and out of bed, walk correctly with and without an assistive device, ascend and descend steps, and perform other functional movements of your new joint(s).

### ***Total Hip Replacements***

You won't go to outpatient physical therapy during the first six weeks after your hip surgery. Typically, you will be on a walker for two weeks, then progress to a cane for another two weeks. The cane goes in the hand that is opposite of your surgical hip. If at six weeks your gait or walk requires correction, a referral to outpatient PT will be scheduled. However, the best therapy for your new hip is simply walking!

### ***Total Shoulder Replacements***

You will begin PT within a week of surgery. The first six weeks will consist of either one or two PT sessions per week, and they will only include passive range of motion as completed by the therapist. Over the first six weeks, your shoulder should be immobilized and protected to allow for proper healing. You will also

## At-Home Mobility Exercises



### *Pendulum Circles*

You can perform this exercise two ways, sitting or standing. For the sitting position, lean forward and dangle your surgical arm in

between your legs. The example image shows the exercise in the standing position. Regardless of the position you chose, you should complete 10 rotations up to three times a day. Your surgical arm should be completely relaxed in the pendulum circle exercise.



### *Salutes (Elbow Flexion & Extensions)*

There are three ways to perform this exercise. The first is an active elbow flexion & extension (Figure 1). Bend and straighten elbow as far as possible. Hold for three seconds at your end range. The second is a passive elbow flexion (Figure 2). Bend the elbow and use the other hand to push your elbow into greater flexion (into your forehead). Hold for five seconds. The third is a passive elbow extension (Figure 3). Straighten your elbow and use your other hand to stretch your elbow straighter. Hold for five seconds.

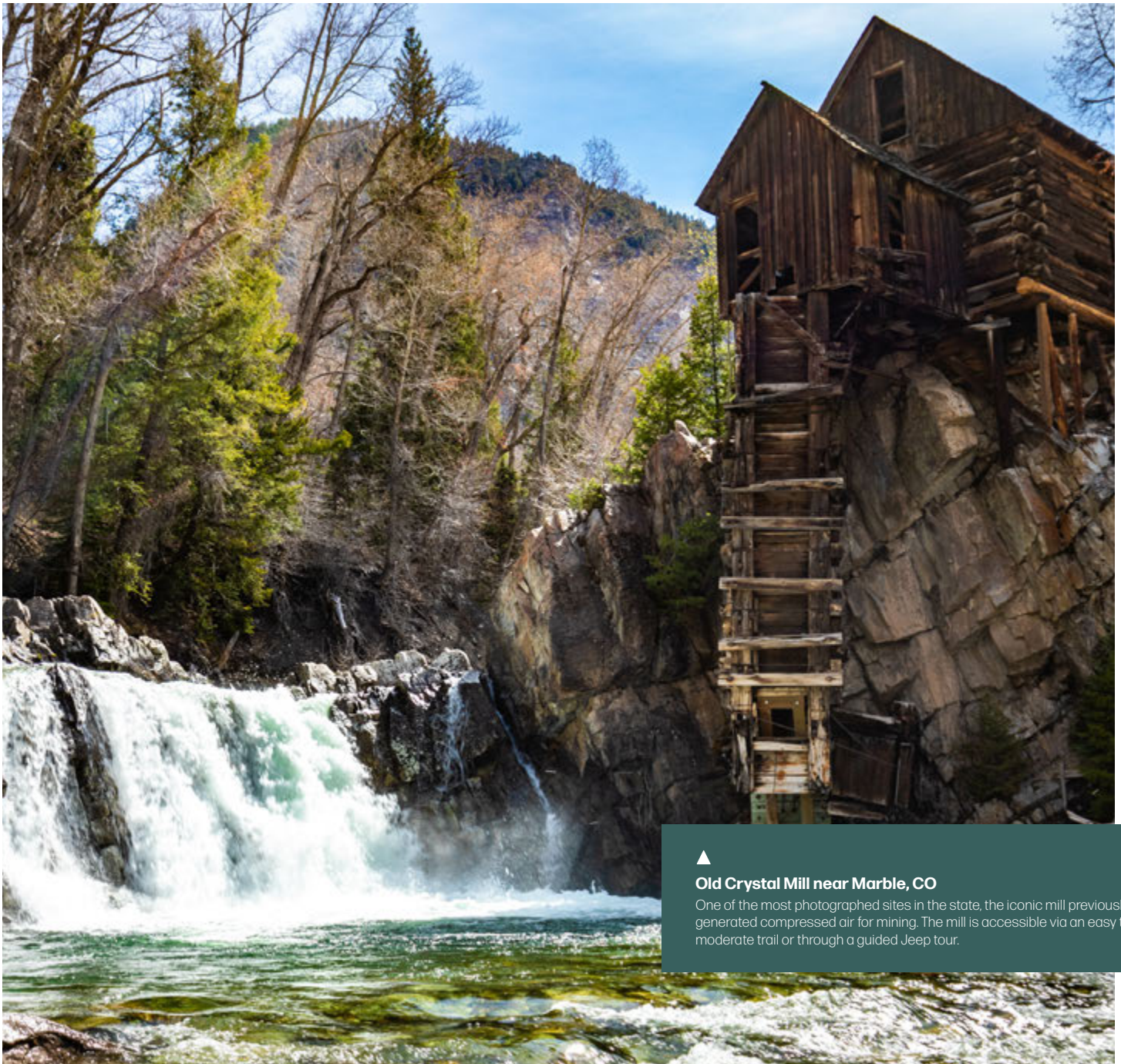
be given some exercises to complete at home. After the initial six weeks, you will be able to begin doing more with your arm, such as active and active assisted range of motion activities. Your therapist will determine how many times per week, over the following six weeks, they will work with you to reach full rehabilitation. After you are discharged, we recommend following the exercises to the left to assist with regaining your mobility.

### **Occupational Therapy (OT)**

Your occupational therapist will assess your ability to complete your basic activities of daily living, also called your ADLs. They will also review your home set up with you to better identify and alleviate any barriers to improve your safety and independence once you return home. They can recommend short term or long term modifications to improve safety at home based on your specific needs. The therapist will teach you how to use adaptive equipment and strategies as needed to complete dressing, grooming, showering, and toileting tasks until you have regained your functional range of motion. They will work with you one to two times a day until your ADL goals are met in the hospital.

# Discharge Planning & Finances

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## **Old Crystal Mill near Marble, CO**

One of the most photographed sites in the state, the iconic mill previously generated compressed air for mining. The mill is accessible via an easy to moderate trail or through a guided Jeep tour.

The hospital discharge planner is one of your best advocates and can assist you with resources for your post-surgical needs. The discharge planner can also assist with setting up home health and various other requests you may have before heading home.

Your discharge planning begins as soon as your surgery is scheduled. There are many plans to make for your return home even before you are admitted to the hospital.

### **Home Health Services**

Some patients may require additional assistance after they get home. You may have a Home Health Care benefit through your insurance. Depending on your condition you may qualify for services at home including physical therapy, occupational therapy, and/or nursing care.

### **Oxygen Use at Home**

If you require oxygen at discharge, the hospital discharge planner can assist in making those arrangements.

### **Patient Accounting and Billing**

The bills associated with a hospital stay can seem complex and confusing. The Orthopedic Clinic has its own financial specialist that can assist you with any questions and help you understand the insurance

coverage for which you are eligible. In addition to a bill from us, you may also receive bills for other pre-operative services such as the MRI, lab work, and anything else your physician may require prior to your joint replacement surgery.

### ***Bills from Other Providers***

You may also receive bills from other providers both in preparation for your surgery, and your actual surgery. These charges are for services rendered by these providers at the hospital such as radiology or anesthesia.

### ***Financial Counseling Services***

If you have questions about your financial responsibility, Colorado Advanced Orthopedics Sports Medicine and spine will provide you with an estimate of cost by our surgical authorization specialist at your 2 week pre-operative appointment. Any questions that you may have can be discussed at that time. If you are unable to pay your estimated portion at the time of service, you can set up payment arrangements with your hospital's financial team.

For more information or if you have any questions, don't hesitate to reach out to our Surgical Authorization team.

# About Meeker

Meeker is a small mountain town located on the famous White River just below the Flat Tops Wilderness Area. Positioned in the Northwestern corner of Colorado, Meeker offers access to an extensive amount of land managed by the Bureau of Land Management, State of Colorado, and Federal Forest Service. Meeker's public land gives rise to unparalleled hiking, biking, snowmobiling, and motorized vehicle trails.



## Meeker at a Glance



6,240 ft



2,475 People



71.1" per year



16.06" per year



242 Days



Average Low: 28 F  
Average High: 59 F

Endless fishing, hunting, and camping along with fun in sun at Meeker's streams, lakes, reservoirs and the White River, are what distinguish this small town as such a desirable destination. Events like Meeker Range Call, the Sheep Dog Trials Championship, Skijoring, Summer Rodeo Series, and the Rineheart

Archery Tour ensure year round entertainment for all ages. We're just a short drive away from larger communities, including Grand Junction, Glenwood Springs, and Steamboat Springs, that offer big city amenities, world class-skiing, charming shops, excellent food scenes, and much more.

# ABOUT MEEKER



Esri, HERE, Garmin, SafeGraph, GeoTechnologies, Inc., METI/NAASA, USGS, Bureau of Land Management, EPA, NPS, US Census Bureau, USDA



# Facility Map

## MAP KEY

1. Emergency Department & Acute Care
2. Radiology & Imaging
3. Surgical Services
4. Physical Therapy
5. Sleep Center
6. Colorado Advanced Orthopedics
7. Meeker Family Health Center
8. Registration, Financial Services, and HIM/Medical Records
9. Laboratory
10. Cardiopulmonary Services
11. Conference Room
12. Retail Pharmacy
13. Wallbridge Wing



**Restrooms**

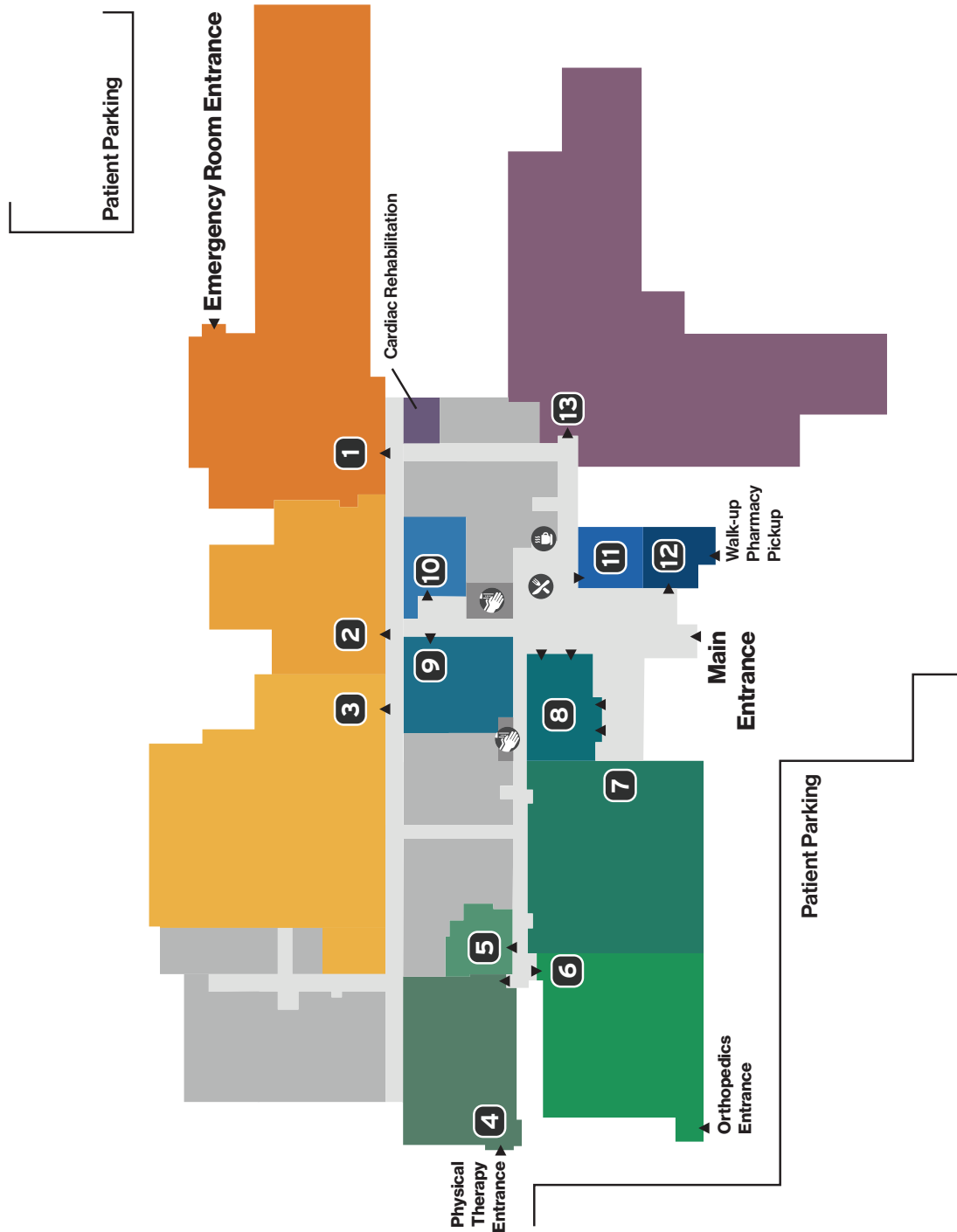


**Cafeteria**



**Coffee Bar**

100 Pioneers Medical Center Drive  
Meeker, CO 81641  
(970) 878-5047



### Connectivity

Internet access is available for our patients and visitors.

### Accessibility

Our facility is committed to maintaining an inclusive and accessible environment.



### Smoke-free Environment

For the safety of our patients, smoking is prohibited within 50 feet of the building.





# Body Mass Index (BMI) Chart

BMI	Healthy Weight										Overweight										Obese										Extreme Obesity																							
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54																		
Height	Body Weight (pounds)																																																					
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191	196	201	205	210	215	220	224	229	234	239	244	248	253	258																		
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198	203	208	212	217	222	227	232	237	242	247	252	257	262	267																		
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204	209	215	220	225	230	235	240	245	250	255	261	266	271	276																		
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211	217	222	227	232	238	243	248	253	259	264	269	275	280	285																		
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218	224	229	235	240	246	251	256	262	267	273	278	284	289	295																		
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225	231	237	242	248	254	259	265	270	278	282	287	293	299	304																		
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232	238	244	250	256	262	267	273	279	285	291	296	302	308	314																		
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294	300	306	312	318	324																		
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247	253	260	266	272	278	284	291	297	303	309	315	322	328	334																		
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255	261	268	274	280	287	293	299	306	312	319	325	331	338	344																		
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262	269	276	282	289	295	302	308	315	322	328	335	341	348	354																		
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270	277	284	291	297	304	311	318	324	331	338	345	351	358	365																		
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278	285	292	299	306	313	320	327	334	341	348	355	362	369	376																		
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286	293	301	308	315	322	329	338	343	351	358	365	372	379	386																		
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294	302	309	316	324	331	338	346	353	361	368	375	383	390	397																		
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302	310	318	325	333	340	348	355	363	371	378	386	393	401	408																		
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311	319	326	334	342	350	358	365	373	381	389	396	404	412	420																		
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319	327	335	343	351	359	367	375	383	391	399	407	415	423	431																		
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328	336	344	353	361	369	377	385	394	402	410	418	426	435	443																		

*This chart is for reference purposes only.*  
 Adapted from the National Institute of Health, Body Mass Index (BMI) Chart: With Every Heartbeat is Life.







**COLORADO  
ADVANCED  
ORTHOPEDICS**

**SPORTS MEDICINE & SPINE**

**PIONEERS MEDICAL CENTER**

## About Pioneers Medical Center

**Pioneers Medical Center is recognized as one of the top 27 hospitals in the West by Becker’s Hospital Review for patient experience.**

Located in the beautiful intersection between the sandy deserts of Dinosaur, CO and the dense forests of the White River National Forest, Pioneers Medical Center is a community-based healthcare facility dedicated to offering a wide range of competitive and strategic benefits that support all aspects of life and wellbeing in Western Colorado. We focus on building lifelong partnerships with our patients and empower them to achieve optimal health.



**Pioneers Medical Center  
100 Pioneers Medical Center Drive  
Meeker, CO 81641**

**See us in the  
Colorado Sun!**

