

# TREATING ARTHRITIS: JOINT REPLACEMENT SURGERY

## TRANSCRIPT

Living with arthritis can be a challenge. Simple tasks can become painful and you may stop taking part in the normal activities of everyday living because it is too painful, even though you are following your treatment plan. When the pain from your arthritis is not controlled with medications or other treatments, or when pain prevents you from enjoying life, your healthcare provider may recommend joint replacement surgery.

*"I went and I had cortisone shots done previously to the surgery, and that seemed to help quite a bit. The pain just got to the point where it was time to have the procedure done."*

Joint replacement surgery removes the damaged parts of your joint and replaces them with new, artificial parts.

If joint replacement surgery is the best option for you, meet with your healthcare provider to discuss how to best prepare for surgery and your recovery afterward. She may recommend you attend a pre-operative class. This is a great place to learn exactly what to expect during your surgery and recovery afterward.

*"It was quite informative and it eased my tensions a lot going through it."*

*"It was very helpful to hear other people sit in the class and ask questions."*

You will also learn how to do some specific recovery exercises to get you moving and reduce your risk of blood clots. You should start to do these recovery exercises now, even before your surgery, to increase the strength of your muscles. The stronger you are now, the easier it will be for you to regain your strength and balance after surgery. Your healthcare provider can show you the correct way to do each of these exercises, and how often.

Recovery from joint replacement surgery is hard work. It can take 6 to 8 weeks or longer, depending on your level of physical activity and overall health.

But daily physical therapy and movement exercises will steadily increase your strength and balance. Gradually, you will be able to do many of the activities you enjoyed before your surgery and with less pain.

Meet with your healthcare provider to discuss joint replacement surgery as a treatment option for your arthritis. It may be just what you need to begin to enjoy an active lifestyle again.

*"It's time now."*