

## Long-Term Outcomes

The majority of patients are able to perform daily activities more easily after joint replacement surgery. Most people can expect their joint replacement to last for many years, providing them with an improved quality of life that includes less pain, along with improved motion and strength that would not have been possible otherwise.

## Why Choose Erlanger?

Erlanger Orthopaedics offers services that no other area hospital provides.

### • Nurse Navigators

Erlanger Orthopaedics has nurse navigators who are dedicated to helping guide patients through their perioperative phase. They act as a single resource for patients to call when they have questions or concerns, and they coordinate transitions between the doctor's office and the hospital.

### • CareSense

Erlanger Orthopaedics is excited to be using a new digital tool for our total hip, knee, and ankle replacement patients called CareSense. Through automated phone calls, text messages and emails, you will receive reminders and educational material regarding your surgery, including:



- Preparation for surgery
- Exercise and rehabilitation information
- Post discharge material

For more information please call our office or visit our website.

**423-778-ORTH**

[erlanger.org/ortho](http://erlanger.org/ortho)



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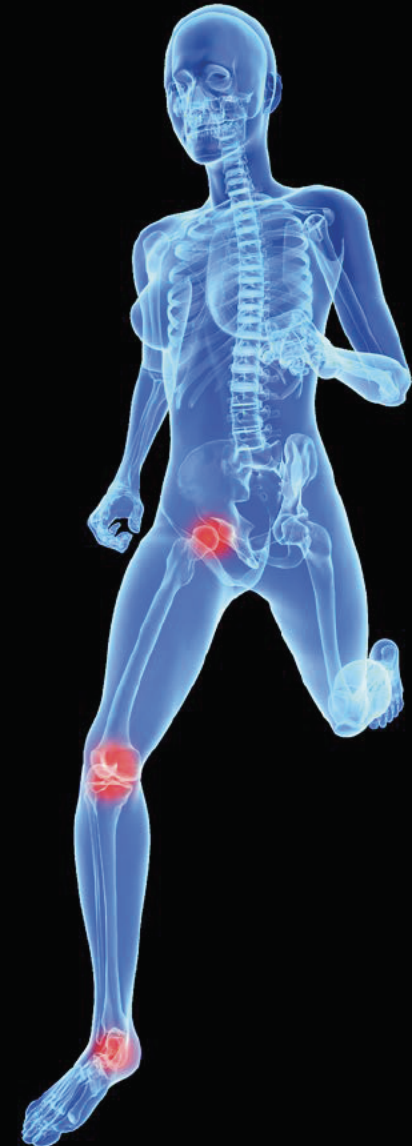


**Dr. Kristopher "Case" Sanders**  
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# Joint Replacement

## Your Questions Answered



Our joints keep us moving which makes them subject to painful injuries, wear and tear, and conditions that can limit our mobility and cause pain. Fortunately, Erlanger Orthopaedics offers the latest solutions to address a full range of shoulder, hip, knee, and ankle joint issues – including joint replacement surgery.

### What is a joint replacement surgery?

A joint replacement is a surgical procedure in which parts of an arthritic or damaged joint are removed and re-placed with metal, plastic, and/or ceramic devices called a prosthesis. This is designed to replicate the movement of a normal healthy joint. – *OrthoInfo*

Erlanger Orthopaedics has a team of board certified, fellowship-trained surgeons who provide excellent outcomes for full and partial joint replacements; as well as repair and reconstruction of the shoulder, hip, knee, and ankle.

### Is a total joint replacement right for you?

Several conditions can cause joint pain and disability and lead patients to consider joint replacement surgery. In many cases, joint pain is caused by damage to the cartilage that lines the ends of the bones either from arthritis, a fracture, or another condition.

If nonsurgical treatments like medications, physical therapy, and changes to your everyday activities do not relieve your pain and disability, your doctor may recommend a total joint replacement.



## Advanced Surgery and Techniques for Joint Replacement

**Minimally Invasive Total Hip Replacement:** Erlanger Orthopaedics offers a revolutionary approach to hip replacement surgery through anterior, lateral, and posterior approaches. These approaches can now be performed with a minimally invasive technique to replace the hip joint. These methods allow your surgeon to do the surgery through a smaller surgical cut (incision). The incision is in the front (anterior) or back (posterior) of the hip. Advantages to these surgical approaches include:

- Less muscle trauma
- Less pain
- Earlier and easier recovery
- Decreased chance of hip dislocations

**Ankle Replacement Surgery:** Historically, total ankle replacement hasn't been as common of a surgery as shoulder, hip, and knee replacement. Research and technological surgical advancements over the past decade have led to the development of successful ankle implants. As a result, demand for the surgery is rising rapidly among those who want to stay active.

### Preparing for Surgery

In the weeks before your surgery, our Orthopaedic team (Medical Assistants, Nurse Navigators, Nurses, and/or Joint Coordinator) will spend time preparing you for your upcoming procedure. Your surgeon may require several tests to help plan your surgery. You may also be sent to your primary care physician or specialty physician, such as a Cardiologist, to check your general health.

### Joint Class and Educational Videos

The Joint Class provided by the Erlanger Health System is taught by our Joint Coordinator and allows you to participate in your care and assists you with what you can expect during your hospital stay.

Class Times:

Tuesdays from 10:00 – 11:00 AM

Thursdays from 3:00 – 4:00 PM



We also offer educational videos online for our patients having a hip, knee, or ankle replacement surgery. Please visit [erlanger.org/ortho](http://erlanger.org/ortho) and follow these steps:

- Hip and Knee Replacement: Click on Joint Reconstruction and scroll to the bottom of the page.
- Ankle Replacement: Click on Foot and Ankle and scroll to the bottom of the page.

### What is the risk of complications?

Some of the more common complications of surgery include infection, blood clots, nerve injury, and prosthesis problems like loosening or dislocation. Your doctor will explain the details on potential risks and complications of your joint replacement surgery. But rest assured that data shows our patients have better outcomes than patients nationwide.

### How long will it take to recover?

Recovery will be different for each person. Most patients will experience some temporary pain while the body is adjusting to the new joint, and the tissues are healing.

Your doctor or physical therapist will provide you with specific exercises to help restore movement and strengthen the joint. If you have any questions about limitations on your activities after a total joint replacement, please consult your doctor.