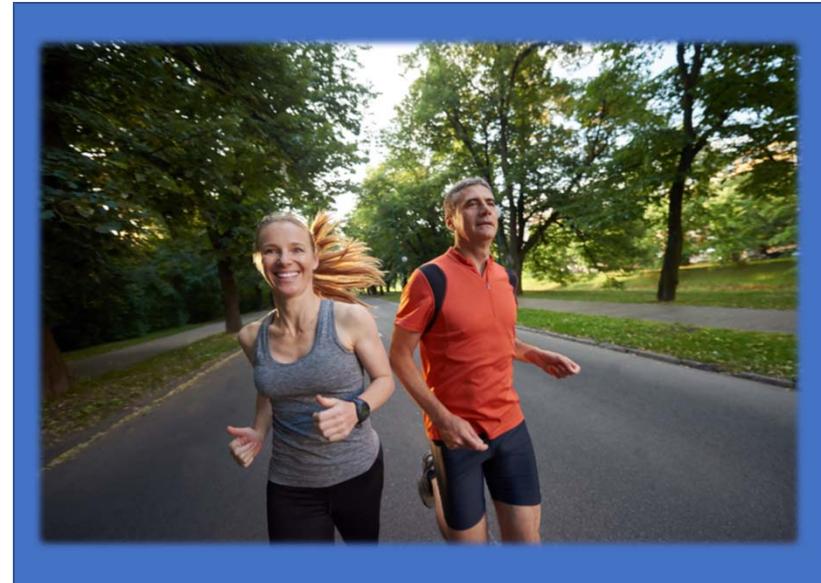


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What is a Coach?

Thank you for taking on the important role as “Coach” for your loved one. Through the total joint replacement journey, a coach provides emotional support and encouragement and serves as an important member of the care team — along with physicians, nurses, therapy team and case management staff. Learn more about how you will help as a coach.



For questions, contact the St. Cloud Orthopedic Clinic at **320-259-4100** or the Total Joint Educator at **320-251-2700, ext. 53245**

Before Surgery

- Attend total joint class as a team
- Assist the patient with learning and performing physical therapy exercises for strengthening
- Purchase all equipment needs (front-wheeled walker & cane)
- Remove throw rugs
- Install handrails or grab bars
- Make main living space as accommodating as possible
- Install night lights
- Plan easy-to-prepare meals
- Remove all unnecessary clutter
- Notes:

After Surgery (while in hospital)

- Support and encouragement. Recovery can be stressful and frustrating at times but remain positive.
- Encourage the patient to be proactive with their pain control plan. The goal is to keep the pain manageable or tolerable.
- Attend physical and occupational therapy together. You will better understand their care and show your support.
- Learn about incision and dressing care
- Ask questions to the health care team
- Refer to the total joint replacement binder for questions
- Notes:

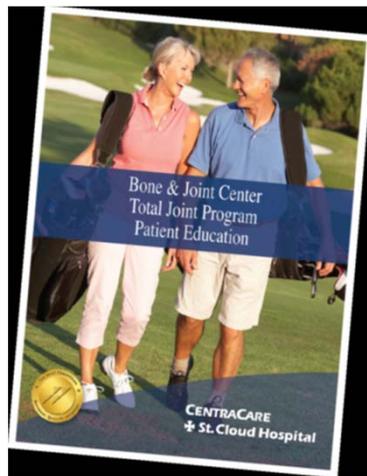
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Discharge Day

- Observe group physical therapy
- Arrive on the unit by 11 a.m. to hear discharge instructions
- Fill prescription medication
- Notes:



Notes...

Recovery at Home

- Encourage rest periods
- Encourage walking every hour and physical therapy exercises at least two times each day
- Increase activity and independence daily
- Write in a journal each time the patient takes pain medication, performs exercises or ices the joint
- Involve the patient in daily activities as able. Remind the patient that everyone recovers at a different pace and recovery will take time.
- Call your physician with questions or concerns
St. Cloud Orthopedic Clinic: **320-259-4100**
- Organize transportation as needed
- Notes:

Take Care of Yourself

Remember, being a coach is a big commitment. You will devote your time and energy to helping your loved one heal. Remember to take care of yourself by getting enough rest and asking for help if you need a break.

