

How can you get help?

You should speak to your doctor or contact the Rehabilitation Department in our facility about enrolling in our Joint Replacement Program. A quick professional health evaluation is all that is needed to **get you started moving again.**



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References available upon request
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Joint Replacement

Joint weakness
can be
successfully
treated
in
over 75%
of people

*Revolutionizing
Rehabilitation*



What do we know about joint replacement?

According to the American Academy of Orthopaedic Surgeons, more than half a million hip and knee replacements are performed each year. These surgeries have proven to be successful in eliminating pain and restoring function in joints affected with severe arthritis. However, patients recovering from joint replacement often experience pain, swelling, and stiffness in their new joint, along with muscle weakness that can last for years after surgery. New advances in post-surgical rehabilitation can help.

What treatments work?

Joint swelling and pain can make muscles weak, which occurs after surgery and as a symptom of arthritis. Our program uses advanced rehabilitation techniques that reduce pain and swelling while accelerating strength and mobility to help the patient resume a healthy, active lifestyle.

Who should try our program?

You or a loved one should try our program if you or they are planning a joint replacement or have had a recent surgery and still have:

- ▶ Pain, stiffness, or swelling in the hip or knee
- ▶ Side effects from pain medication
- ▶ Unsteadiness while standing, walking, or turning
- ▶ A lack of full movement or strength in the knee or hip
- ▶ A fear of falling
- ▶ Difficulty standing up or climbing stairs

Enroll in our program today. By working together, we can treat the pain and stiffness in your joints.

What can you expect in our program?

Your personal health care team will work with you to find the best treatment for reducing your pain and swelling while returning strength and flexibility to your “new” joint. Your ability to stand up, walk, and climb stairs will also be assessed.

Infrared Therapy and Ultrasound to reduce joint pain, stiffness and swelling

High frequency sound waves along with infrared therapy can bring comfort to your painful joint and muscles.

Exercises and Electrical Stimulation for regaining motion and strength

Slow, gentle stretches and simple strengthening exercises alone or in combination with mild, comfortable electrical pulses can improve joint movement and increase muscle strength in your leg.

Joint Replacement