

## Testimonials:

• “Our 79 year old patient had a total knee replacement. Prior to her hospital admission, she was very active and independent. After Joint Replacement Education, she achieved all her goals and returned home.” - Karen, physical therapist

• “After having bilateral total knee replacements, our 51 year old patient required skilled therapies to progress his active range of motion and strength in the knees to become independent. In addition, he lives alone and needed assistance with activities of daily living. Through our physical and occupational therapy programs, he achieved his goals and was discharged after two weeks.” - Stacy, occupational therapist



## Mountain City

### NURSING AND REHABILITATION CENTER

#### Mountain City Rehabilitation and Care Center

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[www.mountaincityskillednursing.com](http://www.mountaincityskillednursing.com)

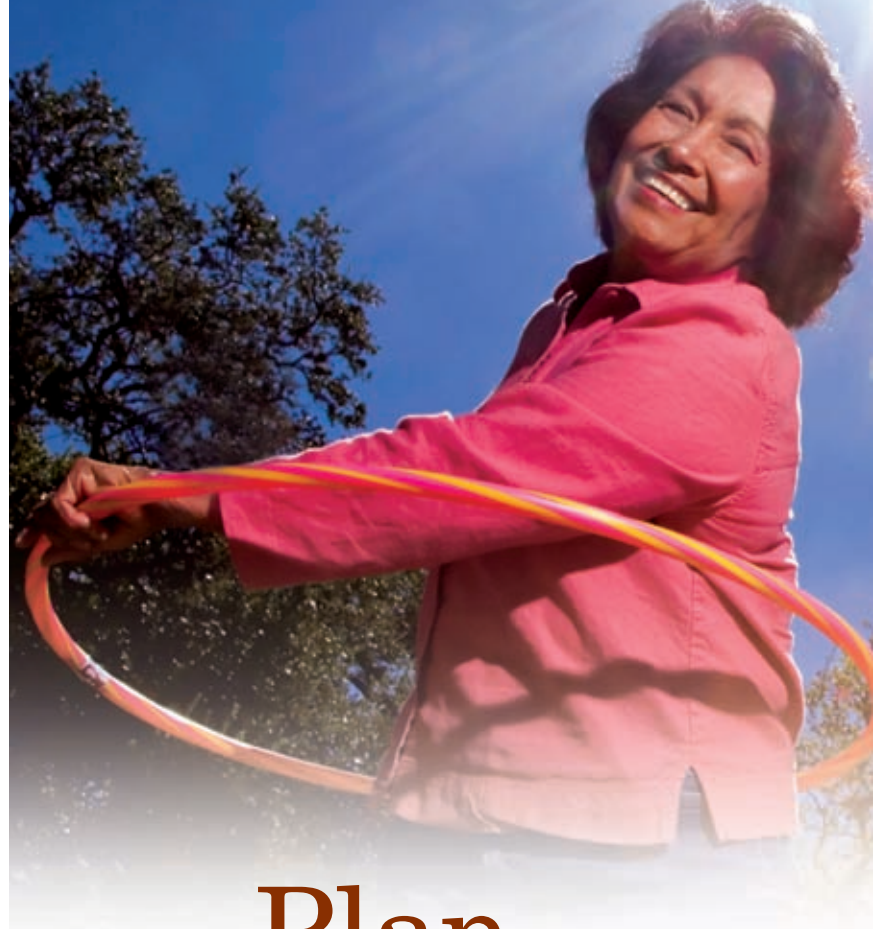
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Plan <sup>Now</sup>  
to Return to  
an Active Life

Joint Replacement  
Education

## The Big Decision

The decision to undergo a joint replacement is never easy. You may have questions about how the procedure works, how it could help you, and what to expect before, during and after. You may be worried about how the procedure could impact the quality of your life, as well as your loved ones. And, getting these questions answered may seem overwhelming.

That's why we offer Joint Replacement Education based on your personal goals. Designed by a team of rehabilitation experts, we work to educate, prepare and assist you in making this choice. You can plan now to return to an active life.

## Questions and Answers

By attending our Joint Replacement Education, you can get your questions answered, and learn more than you ever expected:

- The right time to consider a joint replacement
- How best to prepare for surgery
- How exercises done prior to surgery can benefit your post-surgical recovery
- Equipment and home modification ideas that will help prepare for your return
- Rehabilitation options available following your surgery
- What to expect from your physician, nurses and therapists before and after your surgery
- The benefits of electing to have a joint replacement

## Return to Independence

We offer procedures that can help you restore your movement and regain your enjoyment of life. Many individuals who have undergone joint replacement have experienced major benefits including:

- **Decreased pain**
- **Increased function**
- **Increased activity level**
- **Return to previous level of independence**

In the Joint Replacement Education program, we describe how joint replacement can provide benefit to your life, and answer all your questions about risks, preparation, and what to expect.

## You Are What Matters Most

With our Joint Replacement Education program, we give you the most current information to assist you in making educated decisions about your return to an active life. We do this because when it comes to your health, you are what matters most.



**Please call 570.454.8888 to learn more about the  
Joint Replacement Education program.**