The revamped Joint Replacement Program at Sacred Heart Medical Center embraces a model of wellness and early mobility designed to get patients back on their feet and moving again sooner than traditional joint replacement programs. The model encourages patients to start recovery early through walking and rehabilitation techniques, both individual and group therapies, as soon as the day of surgery. The goal is shorter length of stay, faster recovery and superior outcomes for patients.

**PROGRAM HIGHLIGHTS**

- Minimal use of femoral nerve blocks to promote early mobility
- Elimination of continuous passive motion machines (CPM) to promote easier and more frequent mobility
- Two group exercise classes and one individual physical therapy session each day to increase exercise, mobility and camaraderie
- An ambulation board with progress markers to encourage patients to walk laps and foster friendly competition
- Strong encouragement to discharge directly home; if not possible, discharge is to a Skilled Nursing Facility or Inpatient Rehab
- Discharge from the hospital on post-op day two or the morning of post-op day three
- Emphasis on direct referral to outpatient therapy unless patient is not ready; then, home health will be ordered initially

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EARLY DATA SHOWS PROMISE

Sacred Heart instituted the track-and-field themed Back on Track™ program in February 2012. Data comparing the second quarter of 2011 to the same period in 2012 show a drop in average length of stay for knee replacement patients of 20.3% (from 3.45 days to 2.71 days). Data for the same periods show a drop in average length of stay for primary hip replacement patients of 21.45% (from 3.30 days to 2.63 days).

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