



**TOTAL JOINT
REPLACEMENT SURGERY**
Patient Education Guide

HOUSTON
ORTHOPEDIC & SPINE
HOSPITAL



IN THIS GUIDE:

- 5 Welcome
- 6 The Purpose Of This Guide
- 8 General Information About Joint Replacement Surgery
- 10 Preparing For Your Surgery
- 26 Exercise Routines



On behalf of Houston Orthopedic and Spine Hospital, and our expert doctors, nurses and other professionals, we would like to welcome and thank you for choosing us for your total joint surgery.

Our goal is to ensure the highest standards of medicine and a high quality experience for you. We are committed to keeping you informed, and helping you become an active partner in your health care. We will do everything we possibly can to make your stay with us as pleasant as possible.

You will find important instructions and information to prepare you for your surgery in this education packet. It will answer many of the questions you may have, and clearly outline the things you need to do before, during and after surgery. Planning tools, advice on medications, diet, and exercise are also included. Please take the time to read the materials carefully.

If you have further questions about your surgery, please call your surgeon's office or Houston Orthopedic and Spine Hospital on the numbers provided in this guide. Once again, thank you for choosing us for your orthopedic care.

Sincerely,

All of the Members of The Orthopedic and Spine Team at
Houston Orthopedic and Spine Hospital