



Recover from Joint Replacement Surgery at Home

Home is preferred by
most patients as the place
to regain mobility and
resume daily activities.

DEPARTMENT OF ORTHOPEDICS
DEPARTMENT OF REHABILITATION MEDICINE
2520 30TH AVENUE
ASTORIA, NY 11102



**Mount
Sinai
Queens**

“The physical therapist encouraged me to do more and was genuinely interested in getting me to the next step.”
—**Judy C.**

Mount Sinai Queens has developed a program that will enable you to be discharged and safely continue your rehabilitation at home. It provides everything you need for complete home rehabilitation following joint replacement surgery.

Multiple studies have demonstrated the benefits of going directly home from the hospital. Patients who take part in an intensive orthopedic home rehabilitation program following joint replacement have an easier time moving around at home and work, are less likely to be readmitted to the hospital, and may experience fewer complications than patients who go to a rehabilitation facility. In fact, home is the preferred environment for most patients.

What to Expect

Every patient scheduled for joint replacement surgery at Mount Sinai Queens participates in our patient-centered education program. Patients and caregivers attend a class on the same day as pre-surgical testing to learn about what to expect before, during, and after surgery.

The class also includes information about going home—normally one-to-two days after surgery—to recover and rehabilitate, even if you live alone. You will learn about how to make



your home safe and what equipment will make your daily living easier during recovery.

You will be screened on the day of the class and the rehabilitation team, with input from your surgeon, will decide if discharge home after joint replacement surgery is right for you.

As part of the screening, you will be asked to complete two surveys – one about your overall health and one related to your surgery. It is important that you fill out the surveys completely. You will receive the same surveys about one year after your surgery via email. Please complete and return these surveys. It provides us with important feedback about your health and our Joint Replacement Program.

As soon as it is decided that you will be discharged home, our care team begins planning to ensure you have all that you need to recover quickly. A social worker will make the necessary arrangements for intensive home physical and occupational therapy, along with home nurse visits and home health aide services, as needed. The services may vary based on your insurance coverage.

While you begin your rehabilitation in the hospital immediately after the surgery, we partner with area home health care agencies to facilitate a successful and safe recovery at home.

We work together to put in place an intensive, custom program, including:

Physical Therapy

Physical therapists will help you regain your mobility, make your home safe, demonstrate safe use of equipment like shower chairs and commodes, and work with you to establish goals so that your needs are met. The number of sessions you receive will depend on how quickly you achieve your goals and can leave your home safely.

Occupational Therapy

Occupational therapists will focus on improving your ability to perform activities of daily living such as dressing, bathing, and preparing meals.

Medical Equipment

All the equipment you need for your recovery will be ordered by the care team and delivered to your home. Some of the items might include a rolling walker, cane, or crutches; or a shower chair.

Home Nurse

A nurse may follow up with you to check your medications, monitor your wound healing, provide general follow up care, and ensure you are communicating with your surgeon. Your care team will include this in the discharge plan if necessary.*

**Depending on insurance coverage.*



“Going home after surgery just made sense to me. The physical therapist helped me learn to navigate my own house—my stairs, my kitchen, my bathroom.”
—Judy C.

While you recover in your own home, we will arrange the treatment you need to regain your strength, mobility, and independence.

Rehabilitation is a vital part of your recovery. We will work together to keep your recovery on track and allow you to enjoy of the benefits of your joint replacement surgery.

Only when there are barriers to safe discharge home, as identified by your care team, will you be sent to an inpatient rehabilitation facility.

