



## How can you get help?

You should speak to your doctor, your Home Bound Healthcare visiting nurse or therapist, or call your nearest **Home Bound Healthcare** office for more information about enrolling in this program.



1615 Vollmer Road **Flossmoor** IL 60422  
Toll Free (800) 444-7028  
Tel (708) 798-0800 • Fax (708) 798-0870

450 N Kennedy Drive Suite 6 **Kankakee** IL 60901  
Toll Free (800) 444-7028  
Tel (815) 929-0800 • Fax (815) 929-0801

3401 16th Street **Moline** IL 61265  
Toll Free (866) 541-0900  
Tel (309) 762-7900 • Fax (309) 762-6909

2322 W Willow Knolls Road **Peoria** IL 61614  
Toll Free (866) 725-0888  
Tel (309) 589-0888 • Fax (309) 589-0889

4231 Progress Blvd Suite 3 **Peru** IL 61354  
Toll Free (877) 220-8808  
Tel (815) 220-8808 • Fax (815) 220-8828

421 S Grand Ave W Suite 2B **Springfield** IL 62704  
Toll Free (877) 753-2210  
Tel (217) 753-2260 • Fax (217) 753-2270

1625 Bethany Road **Sycamore** IL 60178  
Toll Free (877) 895-9898  
Tel (815) 895-9898 • Fax (815) 895-3232

1808 Mulberry Avenue **Muscatine** IA 52761  
Toll Free (866) 541-0900  
Tel (563) 263-5411 • Fax (563) 263-5694



Joint Replacement

## Knee & Hip Replacement

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



[HomeBoundHealth.com](http://HomeBoundHealth.com)

*Caring For Your Health Needs In The Comfort Of Your Home*



## *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 remarkably successful in eliminating pain and restoring function in joints severely affected with arthritis. Patients recovering from joint replacement, however, often face pain, swelling, and stiffness in their new joint, along with muscle weakness that can persist for years after surgery. New advances in postsurgical rehabilitation can help.

## *What treatments work?*

Joint swelling and pain can make muscles weak, which occurs with arthritis as well as after surgery. Our program uses advanced rehabilitation techniques that reduces pain and swelling while accelerating strength and mobility so that a healthy, active lifestyle can resume after joint replacement.

## *Who should try our program?*

You or a loved one should try our program if you or they are planning a hip or knee replacement or 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 ultrasound 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*