



# JointCAMP

At Sacred Heart Hospital



Center for  
Orthopedic  
Services  
at Sacred Heart Hospital

[www.sacredhearteauclaire.org](http://www.sacredhearteauclaire.org)

## WHAT IS JOINT CAMP?

Our Joint Camp has one goal—to get you back up on your feet and into your home environment. This free program will help you be more informed about your surgery, so that you will feel confident about your decision to have a joint replacement procedure. A priority is the importance of wellness and recovery at your own pace.

## WHO WILL BE MY “COACH?”

Joint Camp participants are invited to bring a family member or friend. Your coach will participate in the group sessions and help you throughout the entire process.

## WHO WILL BE AT JOINT CAMP WITH ME?

The participants in Joint Camp will most likely be going through joint surgery at the same time that you do. It is our desire that we will be able to facilitate a team atmosphere during your recovery and rehabilitation by mutual encouragement. After surgery, patients will stay on the same orthopedic floor. Therapy sessions will occur in a designated area with other Joint Camp patients. Your active participation during this phase will play an important role in your recovery.

## WHO ARE THE JOINT CAMP LEADERS?

Joint Camp will provide you the opportunity to meet your Sacred Heart Hospital Joint Replacement Team including:

- Joint Replacement Nurse Educator
- Physical Therapist
- Occupational Therapist
- Discharge Planner

## WHAT TOPICS WILL BE COVERED?

- Pre-operative guidelines, including what to pack
- Anesthesia
- Overview of your surgery so you know what to expect
- Pain control
- Medication
- Physical therapy
- Occupational therapy
- Discharge planning
- Recovery after your hospital stay

## HOW DO I REGISTER?

- Joint Camp is held on Wednesdays in the Sacred Heart Hospital Community Auditorium. Registration is required.
- You and your “Coach” should plan to attend Joint Camp 2-3 weeks prior to your surgery.
- Anyone planning to have joint replacement surgery is welcome to register for this free program.

**Ask your doctor for more information, or call 715-717-1748 to register!**

You can also find more information about Joint Camp by logging on to our Web site, [www.sacredhearteauclaire.org](http://www.sacredhearteauclaire.org). Click on Orthopedics under Our Services.

