



Remember the pleasure of a long walk or moving easily from one room to the next?

You can be pain-free again.

Joint Express makes pain-free living possible by putting patients in charge of their recovery, supported by a medical staff of board certified orthopedic surgeons, orthopedic physician assistants, highly trained and specialized nurses, and expert physical and occupational therapists.

Return to Quality of Life

Patients return to their previous quality of life more quickly and easily with this innovative knee and hip replacement program focused entirely on wellness.

The Steps to a Successful Joint Express Experience

1. Ask your doctor for information about McLaren Regional Medical Center's Joint Express program, call 1-877-McLAREN, or go to mclarenregional.org.
2. Choose a support coach – a positive, helpful friend or family member to help you during your joint replacement journey.
3. Register for a pre-operative information seminar.
4. Prepare your home for mobility.

**McLaren Regional Medical Center
Joint Express**

401 S. Ballenger Hwy.
Flint, MI 48532
(810) 342-5505



mclarenregional.org

joint **EXPRESS**

An innovative approach to knee and hip replacement surgery



Better doctors. Better care.SM





Joint Express is a Simple Concept...

Compared to the traditional knee and hip replacement approach, McLaren's Joint Express Program gets you moving sooner and shortens your recovery time.

Joint Express combines:

- Preoperative education
- Personalized pain management
- Advanced therapy techniques

Joint Express revolutionizes knee and hip replacement by focusing on wellness and putting you in charge of your own recovery. Education is the key to our patients' satisfactory outcomes, and it begins in the surgeon's office. Prior to surgery all patients attend a comprehensive Joint Express class, which covers all aspects regarding what a patient needs to know about their surgery and recovery. Continuing education occurs in Pre-Admission Testing where nursing staff and orthopedic physician assistants help patients take the last steps needed to prepare for surgery.

The day of surgery, patients begin therapy in a dedicated gym right on the Joint Express Unit. Therapy takes place in group sessions, where patients gain encouragement from staff and fellow patients. A message board in each patient's room lists specific information such as: the name of the patient's surgeon, primary care physician, and RN, as well as fall risk, therapy goals, and pain rating scale. A combination of a dedicated team of clinicians all working together on a dedicated unit means patients experience better coordination of care and quicker recoveries.

McLaren Offers a Dedicated Unit to Hip and Knee Replacement Patients

McLaren Regional Medical Center has a dedicated unit called "Joint Express" devoted exclusively to hip and knee replacement patients. Joint Express is a comprehensive process that puts you in charge of your recovery.

Special Features on the unit include:

- 13 private patient rooms, all with window views
- Spacious rooms, bathrooms and daybeds for guests
- Message boards in each patient's room for better caregiver communication
- Board certified orthopedic surgeons
- Orthopedic residency program
- Dedicated orthopedic physician assistants
- Dedicated registered nursing staff and physical and occupational therapy staff
- A team approach to care
- Quicker recovery

Benefits of Joint Express Over Traditional Methods

- Patients receive education beforehand about the entire process and are prepared for continuing recovery at home
- Patients experience significant improvement in mobility at the time of discharge
- Patient-centered pain management lets patients stay more alert and maintain a higher energy level after surgery
- Patient recovery is speedier overall