

Chronic Joint Pain Guide

Steps You can Take to Avoid the Daily Grind of Joint Pain



SAN ANTONIO REGIONAL HOSPITAL

999 San Bernardino Road, Upland, CA, 91786
www.sarh.org • (909) 985-2811

Table of Contents

Alfredo - A Patient Story.....	1
Living With Chronic Joint Pain	2
Treatments for Chronic Joint Pain	3
Should You Consider Joint Replacement?	6
Are You A Candidate For Total Joint Replacement?	8
Questions to Ask Your Surgeon	9
The Joint Experts at San Antonio Regional Hospital	10
Your Joint Team.....	11
Individualized Care, A Personal Touch	13
Total Joint Replacement Pre-Op Class.....	13
Awards and Recognition	14
Your Hospital Since 1907	15





***“Dr. Shah was wonderful—
I would recommend him to anyone.”***

Before...

“I am retired and I would say I suffered for two years before I had joint replacement surgery. I used to be an auto body man. I painted cars. I was constantly on pain medication—I was even on Fentanyl patches when the pain got real severe. I was also on morphine and vicodin.

I had a miserable quality of life. I couldn't do anything for myself. I couldn't put on shoes or socks.

I was completely disabled. I was going to a pain specialist to control my pain.” - Al Robles, 65 years old



The Road To Recovery...

“After surgery—I didn't need any pain medication. I was walking with crutches for a year and now I'm walking without any assistance. Even the doctor said he thought I would need a cane, but I don't. I cut the lawn for the first time in years a few weeks ago. The neighbors see me out and about and say, 'Hey, you're walking.'” - Al Robles

Read more about Al's story at www.sarh.org



Living With Chronic Joint Pain

If you have hip or knee arthritis, walking long distances, standing for long periods, or climbing stairs can cause severe pain. As it becomes increasingly more painful for you to move around, your quality of life may begin to change. New limitations may affect your responsibilities and relationships, and could cause you to lose your independence. Before your arthritis gets that bad, talk to your doctor about all the treatment options.

Treatments for Chronic Joint Pain


There are lifestyle modifications, alternative therapies, and medical treatments for hip and knee pain.

They include:

Physical activity. Regular, low-impact exercise can help maintain joint health and reduce pain. Walking, water exercises, yoga, and tai chi are some examples. Weight-bearing exercise helps strengthen muscles that support painful joints.

Weight management. Research has shown that even moderate weight loss can significantly reduce arthritis pain. Losing 1 pound of excess weight relieves 4 pounds of added pressure on knees.



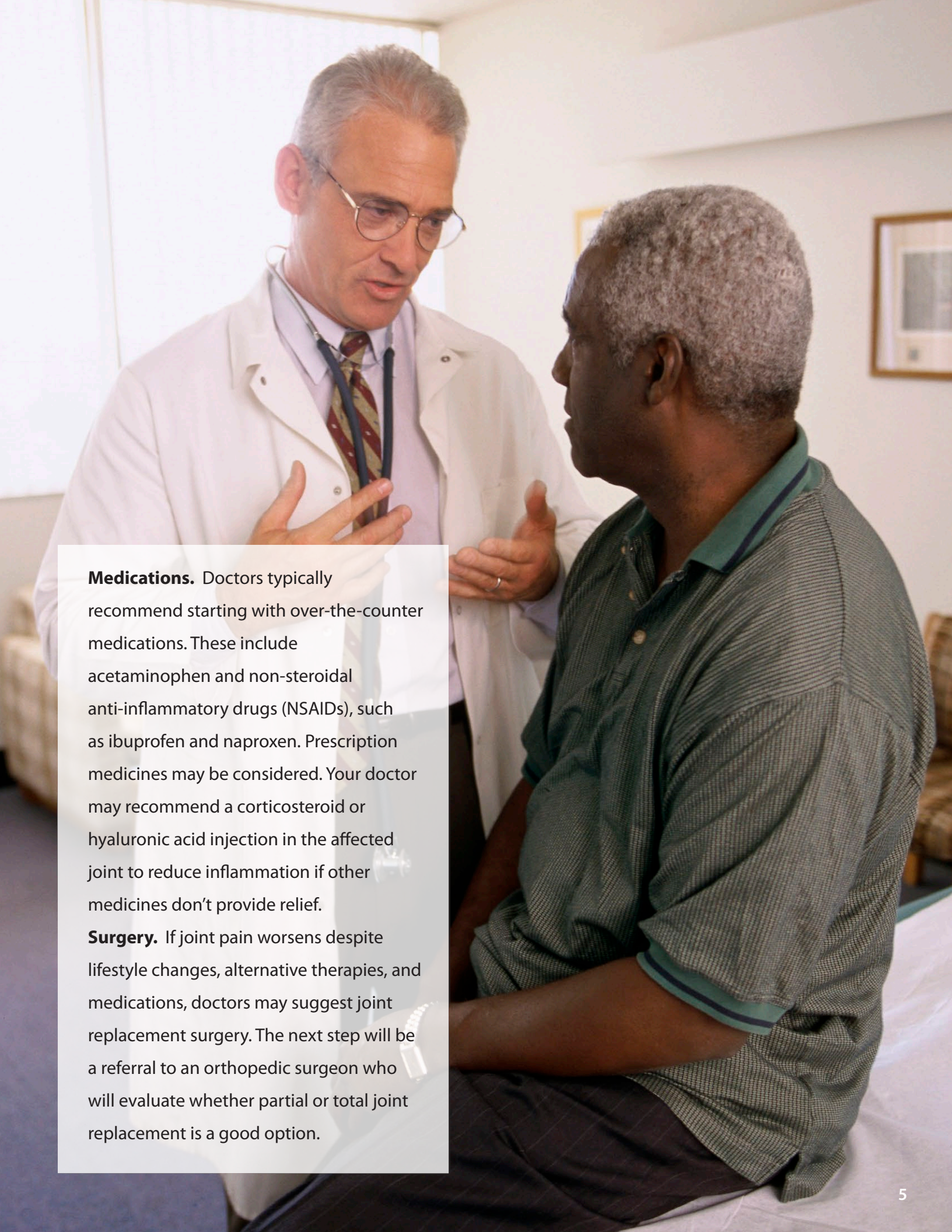


Self-care therapies. Heat and cold therapy can be effective in easing joint pain, swelling, and stiffness. Balancing activity with rest can also relieve strain on weakened joints.

Joint protection and assistive devices. Good posture and performing activities correctly can help protect joints. Using bigger joints and muscles instead of smaller ones can reduce the strain. Joint protection aids may include braces and assistive devices, such as canes and walkers, which may also help to ease joint pain.

Alternative therapies. Acupuncture and massage have been shown to reduce joint pain and stiffness. Transcutaneous electrical nerve stimulation (TENS) disrupts neural transmission of pain signals.

Physical and occupational therapy. Physical and occupational therapists guide patients in rehabilitation techniques and recommend modifications for daily activities and work habits to preserve joint function and prevent re-injury.



Medications. Doctors typically recommend starting with over-the-counter medications. These include acetaminophen and non-steroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen and naproxen. Prescription medicines may be considered. Your doctor may recommend a corticosteroid or hyaluronic acid injection in the affected joint to reduce inflammation if other medicines don't provide relief.

Surgery. If joint pain worsens despite lifestyle changes, alternative therapies, and medications, doctors may suggest joint replacement surgery. The next step will be a referral to an orthopedic surgeon who will evaluate whether partial or total joint replacement is a good option.

Should You Consider Joint Replacement?

If this sounds like your situation, you have a lot to consider. Joint replacement is a major surgery. As with any surgery, it has risks but it can be very effective at eliminating or reducing joint pain and restoring mobility, independence, and quality of life. Talk with your primary care doctor, your family, and an orthopedic surgeon to decide if the benefits of having surgery outweigh the risks and commitment involved. To decide if surgery is right for you, consider these questions:

How is joint pain affecting your life?

The pain in your hip or knee may be affecting your daily activities, your work, your sleep, and your ability to care for your family.

How often are you taking medications?

If you have been taking over-the-counter and prescription pain medicines for a long time, you may be concerned about side effects.

Has your pain and joint damage gotten worse? You may have pain with movement and rest. X-rays may show worsening joint damage.

Have you given up activities you enjoy?

Joint pain may have caused you to give up social, recreational, and spiritual activities.

Have you exhausted all other options?

You may have tried lifestyle modifications, natural therapies, and medications and the joint pain is worsening.

Are you healthy enough for surgery? You may need to lose weight, quit smoking, or control other health conditions before having surgery.



Should You Consider Joint Replacement? continued

Are you mentally ready for surgery?

The recovery period will require a dedicated commitment to several weeks or months of physical therapy and rehabilitation after surgery.

Do you have a support network?

After surgery, you will need assistance from family, friends, or a hired health aide for several weeks to get dressed, prepare meals, change bandages, manage medications, and get to medical appointments.

What are your financial obligations related to surgery? You must understand your health insurance coverage, required deductibles, and out-of-pocket expenses, including hospitalization, rehabilitation (inpatient and outpatient), and home health care and assistance.

Can you take the time off work?

Expect to be away from work for at least six weeks while you recover from surgery. You will need to work with your employer to set up an extended leave of absence.

What are the risks of delaying surgery?

You might consider delaying surgery if you don't feel ready or if the timing is not right. Discuss answers to these questions with your doctors to determine if it's time for joint replacement surgery. Don't wait until your pain is unbearable to start the scheduling process; it may take several months to confirm your surgery date.





Are You A Candidate For Total Joint Replacement?

Reasons for considering joint replacement may vary for each individual, but it is always about a person's "quality of life." Activities you used to take for granted, such as climbing stairs, playing golf, or going grocery shopping are now difficult, if not impossible, for you to do.

Age: Joint replacement surgery was once considered to be for "older" people, but that is no longer the case. Whereas most individuals used to be in their late 60s to 80s, it is now common for those in their 50s and even their 40s. Those undergoing joint replacement procedures are gradually getting younger and are requiring joint replacement due to arthritis, injury, or a combination of the two.

Pain and Mobility: Osteoarthritis, which causes the cartilage in joints to wear away, is the most common reason for joint pain. Activities such as walking and sitting can become increasingly uncomfortable and painful. By the end of a day's activities, the discomfort and pain may become so unbearable that your ability to sleep is affected.

Schedule an appointment: To find out if you are a candidate for total joint surgery, make an appointment with an orthopedic surgeon. While delaying joint replacement might be appropriate at this time, waiting too long could result in a greater degree of joint damage and less successful outcomes when you finally do have replacement surgery.

Read More:

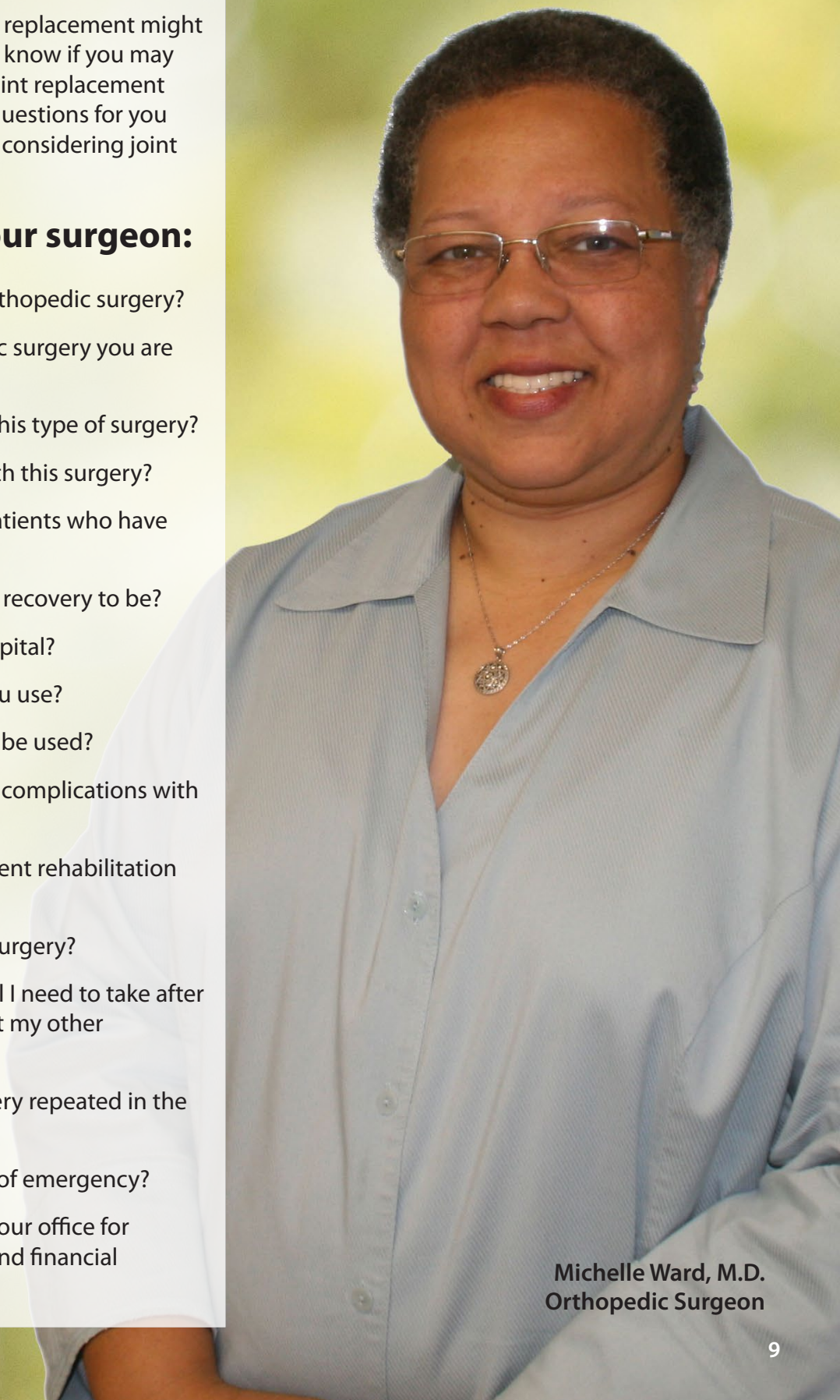
Kathleen Webster, RN, BSN, ONC
Orthopedic Nurse Navigator



Having a hip, knee, or shoulder replacement might be the answer, but how do you know if you may be a successful candidate for joint replacement surgery? Here is a checklist of questions for you to take to your physician when considering joint replacement:

Questions to ask your surgeon:

- Are you board certified in orthopedic surgery?
- Can you describe the specific surgery you are recommending?
- How often do you perform this type of surgery?
- What is your success rate with this surgery?
- Can you refer me to other patients who have had this surgery?
- How long do you expect my recovery to be?
- How long will I be in the hospital?
- What type of implant will you use?
- What kind of anesthesia will be used?
- What are the most common complications with this surgery?
- Will I need to go to an inpatient rehabilitation facility?
- Who will evaluate me after surgery?
- What type of medication will I need to take after surgery and how will it affect my other medicines?
- Will I need to have this surgery repeated in the future?
- How can I reach you in case of emergency?
- Who is my main contact in your office for questions about insurance and financial obligations?



Michelle Ward, M.D.
Orthopedic Surgeon

The Joint Experts at San Antonio Regional Hospital



Jay Shah, MD
Orthopedic Surgeon
Medical Director,
Orthopedic Institute
Arrowhead Orthopaedics



Sachin Patel, MD
Orthopedic Surgeon
Executive Committee
Orthopedic Institute
Garey Orthopaedics



Michelle Ward, MD
Orthopedic Surgeon



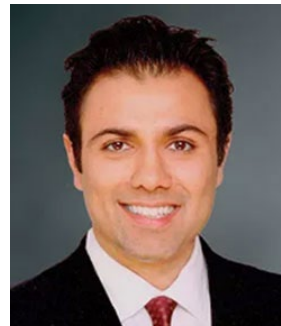
Sang Le, MD
Orthopedic Surgeon
Arrowhead Orthopaedics



Connor LaRose, MD
Orthopedic Surgeon
Arrowhead Orthopaedics



Kenneth Jahng, MD
Orthopedic Surgeon
Arrowhead Orthopaedics



Asghar Husain, MD
Orthopedic Surgeon
Arrowhead Orthopaedics



Albert Chong, MD
Orthopedic Surgeon
Southern California Orthopaedic Center

Click on any of
the physician
photo's to read
their personal
biography at
www.sarh.org



San Antonio Regional Hospital's new patient tower



SAN ANTONIO REGIONAL HOSPITAL

999 San Bernardino Road, Upland, CA, 91786
www.sarh.org • (909) 985-2811

Your Joint Team...



Orthopedic Leadership Team

Our patients benefit from a multi-disciplinary orthopedic team that encompasses many disciplines within the hospital including orthopedic surgeons, nursing staff, physical therapists, and a dedicated orthopedics nurse navigator.



Orthopedic Nursing Team

Our nursing team includes Certified Orthopedic Nurses who are specially trained in orthopedic care. Mobility aides are also staffed on the floor to assist our patients in ambulating more often. This accelerates healing and recovery time.



Orthopedic Team Consulting

Our orthopedic surgeons and nursing staff collaborate closely, using efficient, streamlined processes and best practices that ensure the optimal outcome for every patient we care for.



Orthopedic Nursing Director

Our nursing director coordinates the nursing staff as they manage the extremely demanding care of our surgical patients. Our patients usually stay no more than 1-2 days. It is rewarding to see our patients get their mobility back after living with the pain of degenerated hips or knees.



Your Joint Team...



Rehabilitation Team

A physical therapy team is dedicated to our orthopedic patients. Each team member is committed to getting our patients up and moving as soon as possible so they can return home within a short hospital stay. Pre-surgery education and physical therapy helps prepare patients for their surgery and recovery.



Physical Therapy Gym

Our new physical therapy gym was custom built for our Orthopedic Institute. Our orthopedic trained physical therapist works with post-surgery patients to remove joint stiffness and range of motion exercises. Orthopedic physical therapy focuses on getting our patients doing things that were once painful, like moving up and down stairs and walking unassisted.



Orthopedic Patient Room

The Joint Replacement Center at our Orthopedics Institute is a dedicated unit located on the fourth floor of our new Vineyard Tower. Patients can heal in the comfort of 20 large, private accommodations with modern amenities and staff specially trained to care for orthopedic patients.



Individualized care. A personal touch.

Meet our Orthopedic Nurse Navigator.



"Hospitalization and surgery can be stressful for both patients and their loved ones. I try to anticipate needs and to always treat them as I would want my own family members treated." — Kathleen Webster

Once you've made the decision to have orthopedic surgery, you want someone there to ensure you receive the best possible care as well as quality information. This is Kathleen Webster's role.

Kathleen is an RN, BSN, ONC and the Orthopedic Nurse Navigator at San Antonio Regional Hospital. As someone who can help facilitate streamlined care, she'll also provide access to vital information and resources regarding your treatment and recovery. You'll meet her when she contacts you to schedule your pre-op education class. She'll follow you through admitting, be with you on the day of surgery, and through rehabilitation – communicating with your physicians daily. She'll also help you through the discharge process, making sure you understand your instructions; you have all your equipment, medications, and treatments arranged; you know when to follow-up with your surgeon; and she will even check on you after you go home.

Total Joint Replacement Pre-Op Class



Our Total Joint Replacement pre-op class taught by our Orthopedic Nurse Navigator, as well as a Physical Therapist, explains what to expect before, during, and after surgery, and answers any questions you may have.

You'll also learn about:

- Pre-op exercises
- Pain management
- Physical therapy
- Precautions and limitations following surgery
- What's needed once you go home

If you're having Total Joint Replacement, plan to take this class 2 – 4 weeks before surgery. It's offered on the first and third Tuesday of each month, from 10 am to 12 pm in the West Wing 1 Conference Room at San Antonio Regional Hospital.

To Register call **909.985.2811**,
ext 26864.

Or email: kwebster@sarh.org.



Park behind Bldg 901. Enter at the Ambulatory Care Entrance (Enter Here above) to get to the West Wing 1 Conference Room.

Awards & Recognitions



The Joint Commission's Gold Seal of Approval for Total Hip and Knee Replacement Advanced Certification

San Antonio Regional Hospital has earned The Joint Commission's Gold Seal of Approval for Total Hip and Knee Replacement Advanced Certification. This achievement, granted after the most demanding review, distinguishes San Antonio Regional Hospital as one of only a few organizations in California to achieve Advanced Certification for Total Hip and Knee Replacement from The Joint Commission. [Read the full Press Release Here.](#)



Blue Distinction Center

Blue Shield of California has selected San Antonio Regional Hospital as a Blue Distinction Center for Knee and Hip Replacement, as part of the Blue Distinction Specialty Care program. Blue Distinction Centers are nationally designated healthcare facilities shown to deliver improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community.



American Joint Replacement Registry

The Orthopedic Institute at San Antonio Regional Hospital has always been committed to ensuring its joint replacement patients receive the highest quality of care. Most recently, the hospital became a member of the American Joint Replacement Registry, an independent, not-for-profit database designed to store comprehensive data about joint replacement procedures. The information collected will help doctors match patients, procedures, and devices to ensure high quality care, excellent surgical experiences, and the best possible outcomes.



Aetna Institutes of Quality

The Orthopedic Institute at San Antonio Regional Hospital has been designated an Aetna Institute of Quality® (IOQ) Orthopedic Care Facility for total joint replacements, knee and hip. Designated IOQ facilities demonstrate excellence in clinical quality, value, and access for orthopedic care, and a commitment to continuous improvement.



SAN ANTONIO REGIONAL HOSPITAL

999 San Bernardino Road, Upland, CA, 91786
www.sarh.org • (909) 985-2811

Your Hospital Since 1907...

For over a century, we have been committed to advancing medicine with a never-ending quest to stay at the forefront of science and technology. Our services and specialties have grown, adapting and changing to meet the needs of the diverse patients we serve.

The hospital recently completed a \$160 million expansion on its main campus in Upland. The expansion was the largest in San Antonio's 110-year history and includes a new 52-bed Emergency Department and 92-bed patient tower. The new ED and patient tower brings residents throughout the Inland Valley the very best hospital experience, with modern amenities, larger, private accommodations, and the latest medical technology.

Our daily quest has always been to provide the best care possible, from the moment you step onto our well-manicured grounds. We are proud of our

success, but the single source for these achievements, advancements, and accolades is the same as it was when the hospital opened in 1907: the people of San Antonio Regional Hospital. From the operating room to the kitchen, everything San Antonio

Regional Hospital was, is, and will become is because of the people who dedicated themselves to the hospital yesterday and continue to do so today. Their efforts are the heritage and heart of San Antonio Regional Hospital.

Together, the people of San Antonio Regional Hospital make up a community that serves a community. Here health feels like home, and community isn't a distinct thing the hospital serves, it's something that San Antonio Regional Hospital belongs to and is proud to serve.

"Our life's legacy. Your healthy future."



SAN ANTONIO REGIONAL HOSPITAL

999 San Bernardino Road, Upland, CA, 91786
www.sarh.org • (909) 985-2811