



Expectations of the Coach

The time to prepare for your arrival home is before you have your total joint replacement surgery.

Having a coach is essential for the first week or so. In choosing a coach, consider that this person should be willing and able to do the following activities:

Before surgery:

- Attend the Joint Replacement Class
- Safety check the house to clear clutter and hazards such as throw rugs and fall risks
- Get prescriptions filled

At the hospital:

Be present at the hospital the day of your surgery to:

- Participate in all Physical Therapy treatments and exercises
- Participate in Discharge Instructional Teaching
- Drive you home when it is time to be discharged from the hospital

At home:

- Make sure you are following instructions given by your surgeon, physical therapist, and hospital
- Assist you while you are using stairs
- Take you to appointments and shop for you
- Prepare meals and snacks
- Ensure safety with showering