



# Joint Renew **CAMP**®

At Sacred Heart Hospital



**+** Center for  
Orthopedic  
Services  
at Sacred Heart Hospital

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

## WHAT IS JOINT RENEW CAMP®?

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

## WHO WILL BE AT JOINT RENEW CAMP WITH ME?

The participants in Joint Renew Camp will most likely be going through joint surgery at the same time that you do. It is our desire to 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 Renew Camp patients. Your active participation during this phase will play an important role in your recovery.

## WHO ARE THE JOINT RENEW CAMP LEADERS?

Joint Renew 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 Renew Camp is held on Wednesdays in the Sacred Heart Hospital Community Auditorium. Registration is required.
- You and your “coach” should plan to attend Joint Renew 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 715.717.1500 to register!**

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

