

## Planning for joint replacement

When you choose the Baptist Center for Joint Replacement at Baptist Downtown or Baptist Beaches, you and your family will become part of the team dedicated to a positive, transformative experience.

Several weeks before surgery, you will be invited to join a class led by the joint center coordinator who will educate you and your family about joint replacement surgery. At this time, you'll want to bring a loved one as your "coach" to work with you in physical therapy and encourage you every step of the way. It's a very rewarding experience!

This unique center is dedicated to the healing of those who have had joint replacement surgery.



The environment for your joint replacement surgery is a special one, created for a superior experience and optimal patient outcomes. The Clubhouse at Baptist Downtown or the Beach House at Baptist Beaches will be your home away from home while you recover. Throughout your stay, you'll be encouraged to wear your casual clothes, because after all—you aren't sick.

As soon as possible after your surgery, you will be helped to your feet to begin your journey to an active lifestyle again. Our fun, interactive recovery approach includes group physical therapy with friendly competition, group lunches with your coach and staff, and other special touches. You will be sent home equipped with an informative patient guide and your personal coach will have been trained to help you successfully complete your recovery.

We hope to hear from you soon. To speak with our joint center coordinator, or for a referral to a physician on our team at the Baptist Center for Joint Replacement, call **904.202.2450** for Baptist Downtown or **904.627.3129** for Baptist Beaches.

For more information, visit us online at [e-baptisthealth.com/jointreplacement](http://e-baptisthealth.com/jointreplacement).

## Locations

### Baptist Medical Center Downtown

800 Prudential Drive  
Jacksonville, Florida 32207  
904.202.2450

### Baptist Medical Center Beaches

1350 13th Avenue South  
Jacksonville Beach, Florida 32250  
904.627.3129



[e-baptisthealth.com/jointreplacement](http://e-baptisthealth.com/jointreplacement)

# Baptist Center for Joint Replacement

Baptist Medical Center Downtown  
Baptist Medical Center Beaches

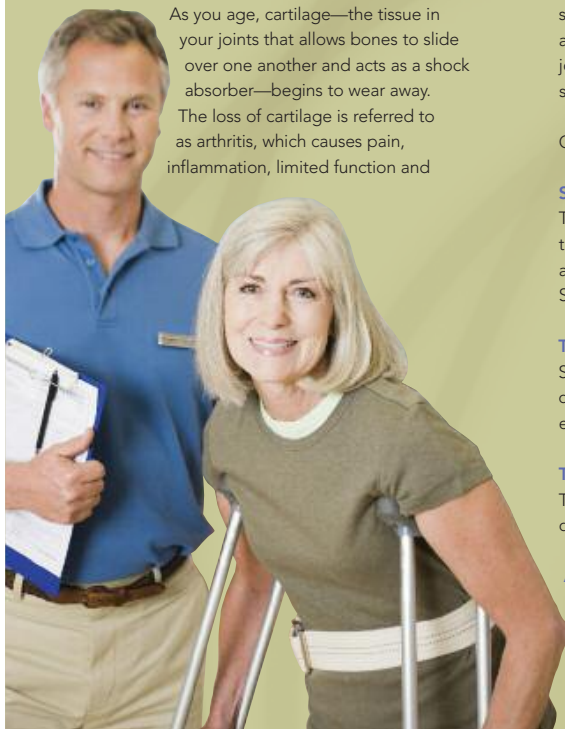


# Are you a candidate for joint replacement?

The decision to have joint replacement surgery is not an easy one, but you're not alone. Our experienced, multidisciplinary team at the Baptist Center for Joint Replacement located at Baptist Medical Center Downtown and Baptist Medical Center Beaches is here to assist you in making the best decision for your joint health.



## What causes your pain?



As you age, cartilage—the tissue in your joints that allows bones to slide over one another and acts as a shock absorber—begins to wear away. The loss of cartilage is referred to as arthritis, which causes pain, inflammation, limited function and

stiffness in your joints. The knee and hip are severely affected by arthritis because they are weight-bearing joints. Some joint problems result from an injury or sudden movement that strains the joint.

Common knee and hip problems include:

### **Sprained or Strained Knee Ligaments**

These usually result from a fall, sudden twist or blow to the knee that forces the joint out of its normal position and stretches or tears the ligament supporting the joint. Symptoms include pain, swelling, bruising and instability.

### **Torn Cartilage**

Severe trauma to the knee can tear the menisci—pads of connective tissue that act as shock absorbers and also enhance stability. Cartilage tears often occur with strains.

### **Tendonitis**

This is inflammation resulting from overuse of a tendon during activities such as running, jumping or cycling.

### **Arthritis**

Osteoarthritis is the most common type of arthritis. It causes the cartilage in your joints to wear away, resulting in the bones rubbing against each other, causing pain and swelling.

## Consider these factors...

If you are experiencing any of the symptoms below, you should speak with your primary care doctor and orthopaedic surgeon to decide if joint replacement surgery is best for you:

- Your knee or hip pain wakes you up at night or keeps you awake.
- Your knee or hip pain limits daily activities (i.e. climbing stairs or getting out of bed).
- Your knee or hip pain limits your leisure activities (i.e. traveling or exercising).
- You have tried other treatments but still have persistent knee or hip pain.

Factors in your decision will include your age; overall health; medical history; extent of injury, disease or condition; and response to conservative treatment. Other alternative treatments that may be used first include: anti-inflammatory or pain medications; limiting painful activities; physical therapy; and/or using assistive devices for walking.

If severe knee or hip pain is causing your daily routine to be interrupted, joint replacement surgery may be the answer.