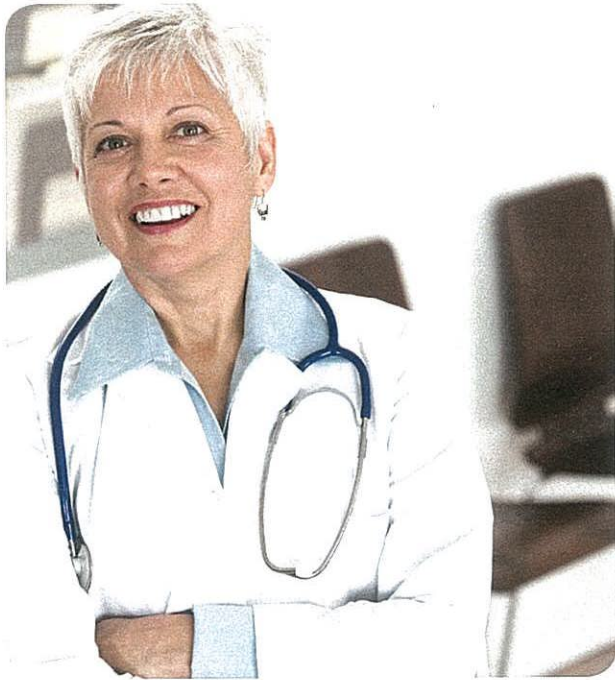


Welcome to the Joint Care Center

The St. Joseph Mercy Oakland Joint Care Center (JCC) is a new and exciting program in caring for patients needing joint replacement surgery. From the day you and your doctor decide you should have a new joint until your final therapy session, you will receive exceptional service and support from our dedicated staff.

At the JCC, we want your rehabilitation to be as enjoyable as possible. We're here to help you achieve your goal of improved health and quality of life. Our six-step program focuses on wellness with the goal of quick, complete recovery. Each step revolves around your needs and rehabilitation.



Six Steps to a Successful Joint Replacement:

1 The Decision for Joint Replacement

Once you and your doctor decide on joint replacement, the JCC staff manages all of the necessary steps for your care. They will schedule your surgery, education class and home care therapy visit.

2 Education Class

Before surgery, you and your family will attend a class at the JCC where all the details of your joint replacement will be explained by our nurses. You will choose a coach, usually a family member or close friend, who will be trained to assist you with the recovery process.

3 Day of Surgery

You will be admitted to the hospital the day of surgery. After your surgery and some time in the recovery room, you will be brought to your room in our dedicated hospital unit. Once you are settled, your rehabilitation begins with simple bed exercises.

4 A Homelike Hospital Stay

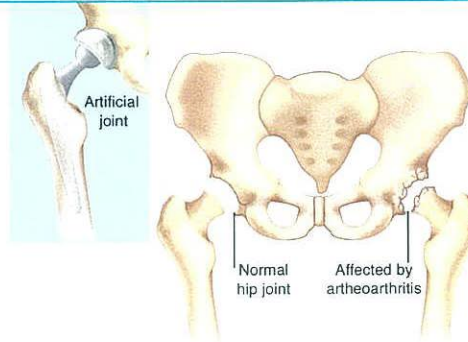
The day after surgery you will be helped into your own clothes so you feel more comfortable. You will not have to stay in bed either, as each JCC patient room has a comfortable recliner chair. You will have both private and group physical therapy sessions each day. Your coach will participate with you in physical therapy to improve your comfort and help build your confidence. You will enjoy socializing with other joint care patients.

5 Home Recovery

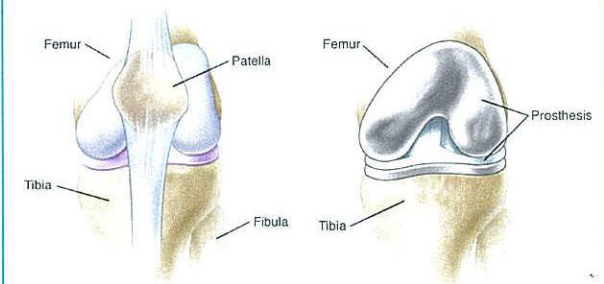
Two days after your surgery, you and your coach will be fully prepared to continue your recovery at home. Within 24 hours of your discharge, your home physical therapist will visit to help guide and follow you through the final stages of the recovery process.

6 Keeping in Touch

You should be back to most normal activities within two to six weeks. However, you will continue to recover and improve for up to a year. You may volunteer to assist in our Joint Care Center in the future if you like.



TOTAL HIP REPLACEMENT



TOTAL KNEE REPLACEMENT

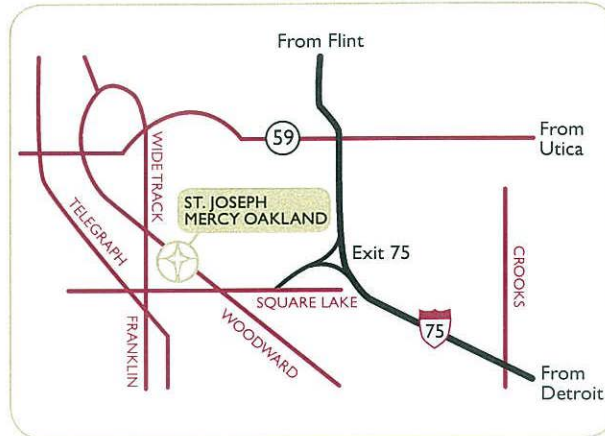
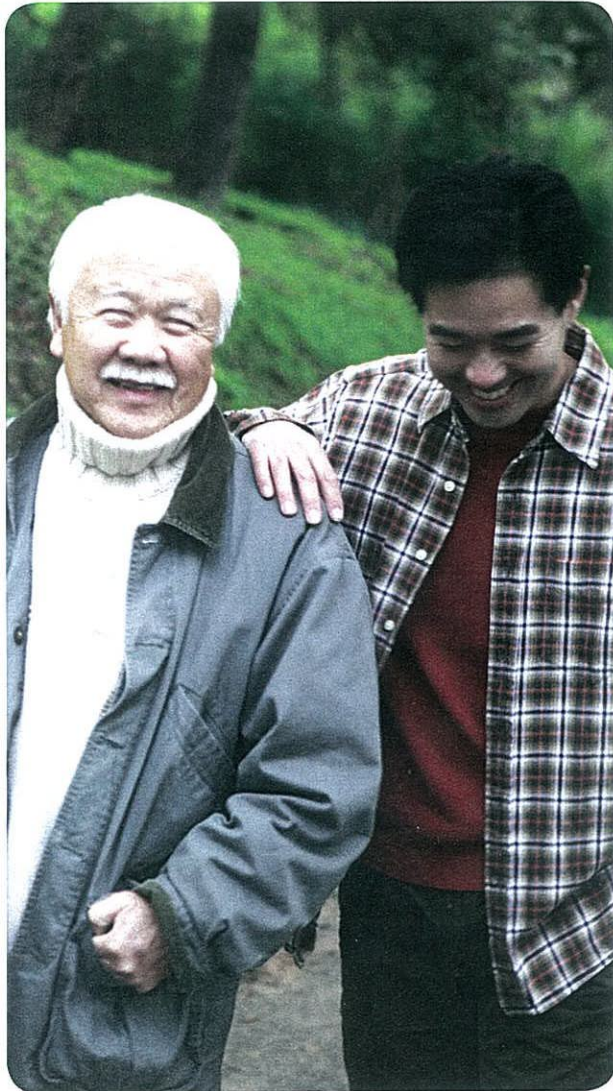


ST. JOSEPH MERCY OAKLAND
SAINT JOSEPH MERCY HEALTH SYSTEM

REMARKABLE MEDICINE.
REMARKABLE CARE.

If you have been experiencing pain or stiffness in your hip or knee or have arthritis in the joints, you may be a candidate for the St. Joseph Mercy Oakland Joint Care Center. Talk to your doctor about our program, or speak with our Program Assistant at 248-858-3227.

At St. Joseph Mercy Oakland Joint Care Center, our goal is to make your recovery as enjoyable as possible. For joint care and recovery, we're here for you every step of the way.



ST. JOSEPH MERCY OAKLAND
SAINT JOSEPH MERCY HEALTH SYSTEM

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OUR MISSION

We serve together in Trinity Health in the spirit of the Gospel to heal body, mind and spirit, to improve the health of our communities and to steward the resources entrusted to us.

THE JOINT CARE CENTER A New Approach to Joint Replacement



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