

# Comprehensive Joint Replacement Rehab Program

a full continuum of care, from a personalized pre-surgery education and fitness plan, post acute, Home Care and outpatient to an updated fitness program for life

## McLean Healthy Living Program

A physical therapist will develop a pre-surgery fitness program for you. You will have the use of the McLean Healthy Living gym with joint sensitive equipment and the warm water therapy pool.

You can speed up your recovery and ensure better results by being in shape before your surgery. But this must be a very specialized program, JUST FOR YOU to be sure you are helping not injuring yourself. Your pre-surgery program may include:

- Outpatient rehab services
- Pre-operative assessment
- Customized exercise programs designed by a physical therapist
- Discount for use of the Fitness Center and Warm Water Pool prior to any orthopedic surgery
- One-on-one specific education and review of post op care according to physician specific preferences and protocol
- Home assessment
- Pre-op strength, functional, and balance testing to compare at post-op to best plan your therapy

Once you have completed your post-surgery rehabilitation, you will again be able to join the McLean Healthy Living Program to continue to regain your strength and get back to an active lifestyle. Your program will be updated by your physical therapist, and trained staff knowledgeable about senior rehabilitation and fitness will be onsite to supervise your workout.

Do not let your recovery be left to chance. Have one organized program for all stages of your care.

*McLean's Healthy Living Program does not compare to other programs. It is unique. I do not feel self-conscious. I feel safe. I am making progress to becoming stronger and healthier without prescription medications.*



## McLean's Continuum of Services

*recognized as one of the best in health care and elder living because of exceptional quality and patient satisfaction*

### Serving those in the community:

**Healthy Living Wellness Program** with the warm water pool and joint sensitive equipment, **Rehab** in the **Post Acute Center, at the Outpatient Clinic or in your own home** – physical, occupational and speech therapies plus:

- Driver Rehab
- Balance and Fall Prevention
- Low Vision Therapy & Sorenson Adaptive Technology Services
- Golf Rehab

**McLean Home Care** – skilled medical care – nurses, therapists, social services and aides to help you rehab in your own home

**Hospice** - excellent end-of-life care and support for caregivers

**Meals-on-Wheels**

**Adult Day Care**

Or choose to **live on the campus** with priority access to all services:

- independently in the **McLean Village**
- with **Assisted Living** services in the **Robinson**
- in a **skilled nursing neighborhood**

## McLean

a continuum for healthy aging

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

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## McLean

a continuum for healthy aging

## Comprehensive Joint Replacement Rehab Program



**McLean Post Acute Center** is ranked #1 among peer not-for-profit centers in Connecticut, 98% of patients reported they are "likely to recommend McLean," significantly higher than the national average of 83% .

*McLean earned its reputation as being "the best."*

- A remarkable team of therapists, nurses and aides
- Therapy 7 days a week
- Fully equipped, state-of-the-art gym
- Joint sensitive equipment onsite to use independently day or evening



#### Meet the Post Acute Team

Medical Director, Robert Dicks, M.D.

- Chair of Geriatric Medicine, Hartford Hospital
- Recognized as one of the three Top Geriatricians in the area
- Every senior patient gets a mini geriatric assessment

Diane Bristol, R.N., Nurse Manager

- Dedicated to her patients' medical recovery for more than 12 years at McLean
- Certified as a Registered Nurse Assessment Coordinator

Robyn Ligotti, P.T., In-Patient Rehab Supervisor

- Physical Therapist with 25 years of experience
- Currently working towards DPT post professional degree



**McLean Home Care** is ranked #1 among area VNAs for keeping patients at home and not having unexpected re-hospitalizations after an illness. This is a critical measure physicians use to evaluate home care.

- McLean Home Care is recognized by HomeCare Elite as one of the top 25% agencies in the nation. This recognition is based upon empirical data.
- All Home Care nurses trained in INR program to monitor your blood thinning (anti-clotting) medications if necessary.

Imagine a strapping firefighter. Now imagine that he must face a hip replacement. Matthew Stuart, a 46-year-old Officer for the West Hartford Fire Department and resident of Unionville, is an athlete who stays physically active by participating in bicycle racing. However, Mr. Stuart underwent surgery to have his left hip replaced. He began physical therapy in the comfort of his home with McLean.

*My experience with McLean was very positive. Even prior to my surgery they came into my home and did a home check.*



**McLean Outpatient** therapy clients give McLean excellent grades (94% gave perfect scores) for the degree to which the service met and exceeded their expectations. 100% of the Healthy Living clients polled think the program is meeting or exceeding their goals to be fit and to have confidence in everyday tasks.

- Open six days a week and two evenings
- Biodex training
- Isokinetic strength testing
- Warm water pool
- Golf and Balance Specialist
- Free Healthy Living Center pass while using outpatient rehab services



*Thank you. Your staff is outstanding and show concern for all patients. My Home Care therapy was very good; same feeling that I received here.*

*Your staff is outstanding from the front desk to your therapists. They were all very caring, helpful and supportive. Thank you.*

*Everyone and everything was great. Going to miss you all.*

## Why Choose McLean Rehab?

**Only McLean offers all the programs and services you will need pre and post-surgery.**

The McLean Rehab Team will partner with you and your physician before and after your total joint replacement. The Comprehensive Joint Replacement Rehab Program was developed in consultation with leading orthopedic physicians and gerontologists.

#### McLean offers

- A one stop shopping process for you to choose the best in rehab for all phases of your treatment
- Simple referral process
- Simple application – provide your medical information once
- Therapists educated in YOUR physician's protocols
- Experience with all major insurers to maximize your coverage
- Therapists who are McLean employees
- Experience and dedication - McLean therapists, nurses and aides have been with McLean for years
- Adequate staffing to meet your specific needs to achieve the optimal outcome
- Rehab staff follow you through all phases of care
- Staff with special training in the medical needs of seniors
- A unique Healthy Living Fitness program for before and after surgery
- Expertise in after care
- A beautiful campus