

Patient Education Packet

We want to make sure you get the best results and have the best experience possible. We have lots of resources available to help you achieve this.

1. Feel free to email your questions or concerns to our email address:

SwankTeam@beaconortho.com

We check our email frequently throughout the day. Please include your:

- Full name
- Date of birth
- Telephone number

2. Feel free to call us with your questions or concerns. This is the number directly to Dr. Swank's team:

513-530-3027

We check our voicemail frequently throughout the day. If you leave a voicemail, please include your:

- Full name
- Date of birth
- Telephone number

Outpatient Joint Replacement

“Getting you back in the Game of Life”

The Walk30 joint replacement program at Beacon Orthopaedics is a physician driven, multidisciplinary program committed to restoring you to your musculoskeletal health to maintain independence, improve the disability related to painful arthritic joints, and return you to a healthy, active lifestyle.

This program entails an individualized assessment of your personal goals, develops a personalized treatment plan including maximizing your preoperative health, the most advanced surgical techniques, a postoperative plan to minimize pain and speed recovery, and an ongoing specific treatment plan to maximize the benefits of surgery and maintain a healthy lifestyle tailored to your specific goals.

Incorporating many of the treatment principles well established at Beacon in sports medicine in the treatment of professional athletes and applying them to the joint replacement patient, allowed us to create a program for the comprehensive treatment, effective recovery and ongoing maintenance of a healthy lifestyle in the patient with arthritic and painful joints.

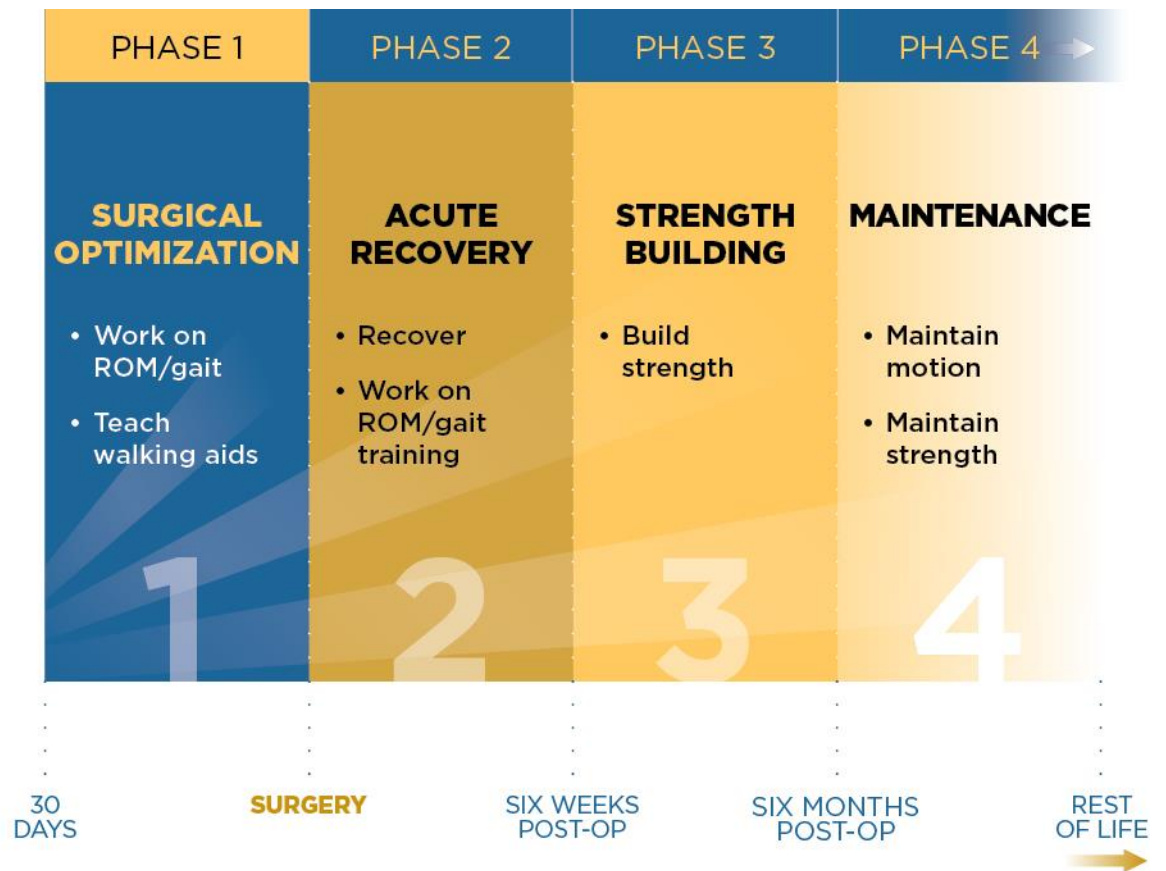
Components of the program include a prehabilitation program tailored to your needs to maximize your health before surgery, advanced surgical techniques including customizing implant choice and fit, muscle sparing approaches, multimodality pain management before, during and after surgery, a comprehensive immediate recovery program and an ongoing, lifetime maintenance program to maximize your independence and joint health.

Just like our focus on returning professional athletes to the playing field, we are focused in returning you to the playing field on the “game of life.”

Walk30 Joint Restoration Program

1. **iWalk30 Joint Restoration Program:** Complete individualized overall health and wellness program coupled with an individualized musculoskeletal fitness exam and comprehensive treatment plan to restore the individual to an active healthy lifestyle.
2. **iWalk30 Surgical Optimization Program:** Complete individualized preoperative health and wellness exam coupled with an individualized musculoskeletal fitness exam and treatment plan specifically with the goal of optimizing the individual's surgical outcome.
3. **iWalk30 Surgical Rehabilitation Program:** Complete individualized three stage recovery program including acute phase recovery, strength and functional recovery and lifetime maintenance of joint health.
4. **iWalk30 Health and Wellness Assessment:** Comprehensive medical evaluation focusing on restoring the patient to wellness with special attention to diet and nutritional needs, functional medicine, and an integrative health treatment program.
5. **iWalk30 Musculoskeletal Fitness Assessment:** Comprehensive physical fitness assessment focusing on analyzing individual's treatment goals and functional rehabilitation program individually designed to achieve these goals.
6. **weWalk30 Fitness Community:** Group of individuals and program graduates committed to musculoskeletal health and functional independence.
7. **Traditional Services**
 - a. Short term medication management
 - b. Joint injections
 - c. Physical therapy
 - d. Arthroscopy
 - e. Arthroplasty
 - f. Diagnostic services including MRI
 - g. Ambulatory aides
 - h. Fitness trackers
 - i. PRP/Stem cells

Rehabilitation After Surgery



Get Fit for Proper Footwear at Fleet Feet

Ensure the best recovery and fitness experience by having the right footwear for your body. Fleet Feet uses expert service along with personalized 3D measuring technology to provide footwear and insole recommendations to fit your specific foot shape, arch profile and activity level. The right footwear can make all the difference!

Receive 15% discount on your entire purchase as a Dr. Swank and Beacon Orthopaedics patient. Use the barcode below at checkout.



Maintenance Program

Walk 30 Minutes To:

1. Stay Independent
2. Decrease Pain + Speedy Recovery
3. Get Fit
4. Increase Strength
5. Avoid Alzheimer's
6. Join the Revolution



AND, get seven hours of sleep every night!



Exercises (Two Times a Day)

Make it the first thing you do in the morning before getting out of bed, and last thing before going to bed.

Knee-to-Chest Stretch (30 seconds each leg)



Internal Rotator Stretch (30 seconds each leg, perform when putting socks and shoes on)



Child's Pose Stretch (30-60 seconds)



Surgical Criteria for Dr. Swank

BMI < 40

Research has recently shown that patients with a BMI over 40 have a significantly increased risk of infection post-operation.

Must be willing *and* able to go home the same day

Dr. Swank now only performs *outpatient joint replacements*.

This means you are expected to go home the same day. Dr. Swank has made this decision to avoid complications of COVID-19 and other hospital acquired infections. Subsequently, he will be performing all surgeries at the Beacon ASC, as this is the safest place to avoid infections, and the Beacon ASC is where he has the best supporting staff.

Dr. Swank requires a \$500 deposit prior to scheduling surgery

Please contact Melissa Lloyd (patient advocate) (513) 914-1119

If you are unable to meet the above criteria, Dr. Swank would be happy to refer you to another great orthopaedic surgeon.

Surgical Checklist for Dr. Swank

- **\$500 deposit to hold surgery date**
- **Pre-Op history and physical (H&P) done within 30 days of surgery**
 - Typically done by your PCP and will include
 - Labs, EKG
 - MRSA swab (depending on facility)
- **Pre-Op CT scan/MRI (implant dependent)**
- **Cardiac clearance**
 - Only if > 70 years old or have a history of heart disease
- **Pre-op physical therapy**
 - Minimum of 6 visits
 - Improve range of motion & strength leading up to surgery
 - They will also work on gait training (i.e. with a walker) on the final visit prior to surgery within one week from surgery
- **Post-Op physical therapy (knee replacement patients only)**
- **Call/Visit with patient advocate (prior to surgery)**
- **Start discussing transportation and home arrangements**
- **Handle disability forms/work notes**
- **Handicap placard can be given if needed**

Discuss Surgery dates/availability with Heather

Once a surgery date has been selected she will schedule:

- **Pre-Op office visit**
 - 2 weeks prior to surgery date
 - Medications will be discussed and sent in
 - Cold pack information possible MED discussion
- **2-week post-op appointment with Jess (PA-C)**
- **6-week post-op visit with Dr. Swank**