



Rapid Recovery Program

Total Joint Replacement PIH Health Whittier Hospital

You have been identified as an appropriate candidate for our "Rapid Recovery Program." This program allows patients to go home the day of surgery and is only provided to patients who meet certain criteria.

The Rapid Recovery Program involves a few key differences from our normal Joint Program. These differences include:

- You will be prioritized to be seen by a physical therapist as early as possible. Your recovery coach is required to be present during this session because you will learn how to perform the appropriate exercises for your new joint, as well as how to walk, sit and stand, and if necessary, go up and down stairs.
- You are required to have your recovery coach available throughout your surgery day to learn how to help you at home. Your recovery coach must also be available to stay with you for 48 hours minimum after you return home.
- You will receive your FREE Front Wheel Walker when you attend your MANDATORY Prehab appointment with one of our physical therapists before your surgery.
- Home Health services including Physical Therapist and Registered Nurse Visits will be arranged before your surgery as well with our case management team.
- A medical provider will see you after your surgery and prescribe the appropriate medications you need when you go home.

Please keep in mind that this program requires patients to be motivated and prepared to return home the day of surgery.

If you feel that this may be an issue, please contact your surgeon.