

# MOVE

TOWARDS A BETTER LIFE.



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*Revive Joint Replacement Program*

“I was so disheartened before the surgery, not being able to do what I wanted. But I received excellent care at Casa Colina. My recovery was fast, and I was up and around before I knew it. I definitely have a new lease on life.”

– Tim Otto, avid surfer and partial knee replacement patient

When joint pain and stiffness become so severe that even the simplest daily activities become difficult, the specialists at Casa Colina’s Revive Joint Replacement Program can help. Our comprehensive program encompasses all aspects of patient care to achieve an optimum outcome after joint replacement surgery. Our goal is to get you moving towards a better life immediately following your joint replacement.

Our renowned orthopedic surgeons use state-of-the-art technology and the latest evidence-based treatment methods to reduce or eliminate pain, restore motion and increase function so you can get back to enjoying a more active and fulfilling lifestyle as quickly as possible.

## Who will benefit from joint replacement surgery?

Our board-certified orthopedic surgeons treat a wide range of painful conditions resulting from:

- Overuse
- Joint degeneration
- Arthritis
- Osteoarthritis
- Inflammatory arthritis
- Sports injuries
- Trauma



## What is a Joint Replacement?

This surgical procedure removes an arthritic or damaged joint and replaces it with a prosthesis or artificial joint. The artificial joint replaces cartilage that has worn away over time. Total or partial joint replacement can eliminate pain and allow the artificial joint to function much like a normal, healthy joint. Our surgical team can replace major joints, such as the shoulder, hip or knee (total or partial).

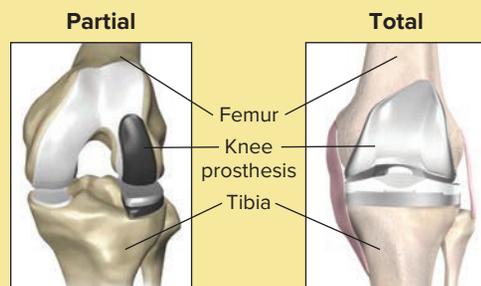
## Our team of experts will get you moving again

The Revive Joint Replacement Program specialists are among the most experienced in the region. What makes our team so effective is its

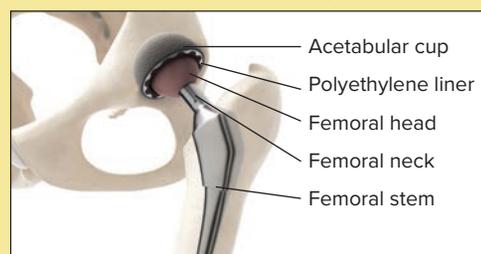


multidisciplinary approach to patient care. They work together using proven clinical pathways based on national standards to ensure you have an accelerated recovery time, minimized pain and an optimum outcome. This plan of care is also highly customized to meet your individual needs. Our skilled team includes board-certified orthopedic surgeons, anesthesiologists, specially trained orthopedic nurses, a case manager, an orthopedic care coordinator and physical therapists – all dedicated to helping you every step of the way.

### Knee replacement components



### Hip replacement components



## We'll guide you through it with personalized care and JointCOACH

The moment you decide to have joint replacement surgery, we begin a standardized pathway of care designed to have you in and out of the hospital as quickly as one day. In some cases, our partial knee replacement patients go home the same day of surgery.



Prior to surgery, you'll have an appointment with our registered nurse who will coordinate your pre-operative testing and lab work. An anesthesiologist will review these results to ensure you are a safe candidate for surgery. If there are any medical concerns, he or she will meet with you to address them to ensure you have the best recovery possible after surgery.

Your orthopedic care coordinator is assigned as a key contact for you and your family before, during and after your hospital stay. She will help you prepare for surgery using our innovative JointCOACH online educational portal that is customized just for you and keeps you connected to your personal Revive team. She will also complete your comprehensive care plan and, with the assistance of our case manager, plan for your safe return home from the hospital and follow-up care. Your orthopedic care coordinator will also monitor your satisfaction and functional progress for 12 months following surgery.



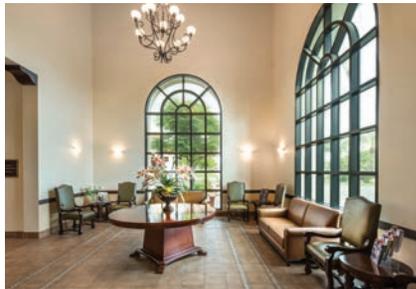
## We'll explain everything in our Joint Replacement Education Class

Once your joint replacement surgery is scheduled, you and your designated caregiver (or "Coach") will be asked to attend our Joint Replacement Education Class to help make your surgical experience as successful and positive as possible. We want you and your Coach to be completely prepared for what to expect before, during and after surgery. Here, we

will provide you with educational information and answer your questions so there are “no surprises” following your joint replacement surgery. This level of education typically ensures a quicker and more successful recovery.

The class covers the following important topics:

- Preparation for surgery
- Overview of the rehabilitation phase of your hospital stay
- Preparing and planning for your return home and recovery
- Answers to your questions



## At our state-of-the-art hospital

The Orthopedic & Robotics Center at Casa Colina offers one of the most innovative surgical facilities on the West Coast. Our interactive spacious operative rooms are equipped with large digital monitors, telecommunication capabilities and robotic technology plus an advanced surgical lighting system that ensures the safest and most efficient environment for our patients and surgeons.

We're also committed to using less-invasive techniques whenever possible. Our surgeons use the latest technology, such as advanced intra-operative imaging systems and robotic-arm assisted surgery for improved accuracy. This level of precision helps improve the fit, balance,

stability and comfort of your new joint. It also allows immediate mobility with less pain and a quicker recovery.

Our experienced physical therapists will have you up and moving quickly after surgery. Here, you'll enjoy wearing your own comfortable clothing instead of a hospital gown in our dedicated Revive unit. You'll also participate in group therapy, education and lunch with other joint replacement patients.

All patient rooms and bathrooms are private and equipped with a personal television with DirectTV™. We've even furnished each room with a comfortable sleeper sofa for your Coach to stay and support you every step of the way.

## Move with confidence. Move with ease. Move with us.

It's time to start living life to the fullest. For more information, please call the Revive Joint Replacement Program at 909/568-2134 or toll-free 866/724-4130.

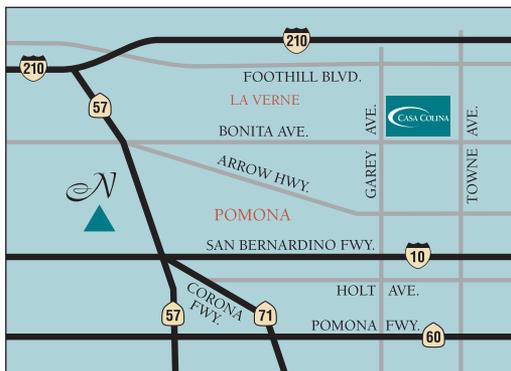


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## Additional services at Casa Colina

As a guest at Casa Colina, you will have access to our entire continuum of care before and after surgery. Everything, including diagnostic imaging and laboratory services as well as outpatient physical therapy, is conveniently offered on our 20-acre Pomona campus. You can even pick up prescribed medication at the on-site pharmacy after you are discharged.





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