

Total Joint Rehabilitation Program

Maximize your recovery after total joint replacement with “The Total Joint Rehabilitation Program” offered by St. John’s Hospital. This highly structured program offers many benefits over traditional rehabilitation after joint replacement.

- Multidisciplinary care is provided by a team of physical and occupational therapists.
- Our program is structured to provide interaction between patients. Such interaction guides and motivates patients, while making the process more enjoyable.
- A 30-by-40 foot warm water therapy pool provides an excellent environment for exercise.
- We offer exercise programs that you can continue indefinitely to keep your joints healthy for years to come.



St. John's Hospital
Bone & Joint Institute

**Our rehabilitation program
is structured as follows:**

Phase I

This phase begins the first day after your joint replacement and ends upon discharge from the hospital. Therapy during this stage will focus upon gaining mobility, function, and range of motion.

Phase II

This phase begins upon discharge from the hospital and consists of home health therapies. In addition to working on range of motion and strength, this stage focuses upon gaining function within your home and in the community. Phase II continues until you are independent enough to leave the home for care.

Phase III

This phase is conducted at St. John’s Rehab South. This state-of-the-art facility offers a warm water therapy pool in addition to sophisticated equipment to aid in your recovery. Most patients will be seen for a combination of aquatic and land therapy. Phase III also offers interaction between patients at different stages of recovery. This interaction is both enjoyable and motivating for patients.

Phase IV

This phase begins upon discharge from therapy. Participants are able to continue their aquatic exercise, at Rehab South, as long as they would like. A member of the St. John’s rehabilitation team supervises these exercise classes.

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Aquatic therapy

Aquatic therapy uses the properties of water to benefit patients in their rehabilitation. Water is able to assist or resist movement, provide support, may decrease swelling, and allow a partial or non-weight bearing environment for exercise.

Aquatic Therapy benefits and requirements

- Initial evaluation by Physical or Occupational Therapist prior to first pool session.
- Any special concerns or problems may be addressed during the initial evaluation and subsequent sessions.
- Personalized exercise program with therapist or therapist assistant.
- Warm water therapy pool.
- Swimming skills are not required.
- Locker room on site.
- Close parking on site.



800 E. Carpenter Street
Springfield, IL 62703
(217) 544-6464
www.st-johns.org

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