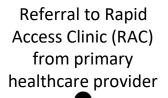
South WestMusculoskeletalRapid Access Clinic

## Hip and Knee Replacement (Primary Unilateral Hip and Knee Arthroplasty)

## **Patient Journey Map**



Become familiar with educational material provided at RAC





Decision for surgery

Telephone call from Hospital to schedule Pre-Admission appointment



Attend Pre-Admission Clinic

(some sites may include required education session)



Start here

Conservative Treatment Options

Outpatient
physiotherapy –
group and individual
sessions



Discharge from Hospital to home with outpatient physiotherapy



Hospital Admission for Surgery



Schedule postsurgery outpatient physiotherapy appointment



Home exercise program as assigned in outpatient physiotherapy program \*\*Progress and recovery depend on following your exercise plan



Recovery and Orthopedic Surgeon Follow up.

Follow up clinic appointments with your orthopedic surgeon as directed by your surgeon.

Discharge from Services – ongoing exercises at home as assigned at discharge from physiotherapy.