

# Joint Replacement 101

Take the first  
steps to living  
your best life.



**UMass Memorial Health**  
THE RELENTLESS PURSUIT OF HEALING

# Win the Day. Reclaim the Everyday Mobility that Makes Life Extraordinary.

Constant knee, hip or shoulder pain not only takes a toll on your daily routine, but it can also take away your ability to live the life you want. Maybe you have an old sports injury. Maybe you took a fall that seems to be taking forever to heal. Or maybe a lifetime of activity has just taken its toll on your joints. Regardless of the reason you have joint pain, there is no reason to live with it when we have so many ways to help.



UMass Memorial Health's joint pain experts are the region's orthopedic leaders, offering the latest treatments and therapies for total joint replacement, rehabilitation and pain management.



Call **855-UMASS-MD** (855-862-7763) to schedule your appointment.

# Regardless of Where You Live, You'll Find Help Nearby From Orthopedic Specialists In:

- Knee, hip and shoulder replacement
- Back and spine health
- Hand and upper extremity care
- Pediatric orthopedics
- Sports-related injuries
- Foot and ankle care
- Rheumatoid arthritis and other joint pain conditions



## Locations

**UMass Memorial Health — Harrington Hospital**  
Southbridge, MA

**UMass Memorial Health — HealthAlliance-Clinton Hospital**  
Clinton, MA  
Leominster, MA

**UMass Memorial Health — Milford Regional Medical Center**  
Milford, MA

**UMass Memorial Medical Center**  
Marlborough, MA  
Worcester, MA

# Take a **FREE** Joint Pain Health Risk Assessment.

- Helps you understand steps you might need to take to improve your quality of life
- Allows us to determine if you need surgery or if you're a candidate for nonsurgical therapies
- Helps you better understand options and get an idea of what life could look like after total joint replacement surgery

**Visit: [orthopedics.ummhealth.org](https://orthopedics.ummhealth.org)**



## What's Slowing You Down?

According to the Centers for Disease Control and Prevention, it's estimated that more than 58 million people in the U.S. have some form of arthritis.

- Osteoarthritis, the most common type, can result from a lifetime of overuse, injury, or genetics, causing cartilage to crack and wear away.
- Rheumatoid arthritis is a common type of inflammatory arthritis in which the body's immune system attacks its own tissue and causes joint pain and swelling. It can eventually cause damage to the cartilage and bone.

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Other causes of arthritis include dislocated joints, growth abnormalities, broken bones, infections, connective tissue disorders and obesity.

Whatever the cause of joint damage, the area surrounding the joint reacts by becoming inflamed, stiff and painful. Because of the pain and stiffness, you stop moving the joint like you once did — causing the muscles surrounding the joint to weaken.

## The Biggest Victories Happen in the Smallest Moments.



## Know Your Options.

Not every person with joint pain needs surgery or is ready for a joint replacement — it's a very personal decision.

The orthopedic doctors at UMass Memorial Health won't perform unnecessary surgery or talk you into something you aren't ready to do. We will help you understand your treatment options and make a decision that's right for you.

# Nonsurgical Treatment Options

We know surgery isn't always the answer. Our orthopedic team creates a customized treatment plan to minimize your joint pain and maximize your quality of life. It may include:

- Activity modification
- Anti-inflammatory medications
- Heat and cold therapy
- Injections (cortisone shot)
- Over-the-counter supplements, such as glucosamine or chondroitin
- Physical therapy
- Platelet-rich plasma therapy
- Rest
- Weight loss through diet and exercise



# Surgical Treatment Options

If nonsurgical treatment options have been exhausted and aren't providing the pain relief you need, it's time to consider joint replacement surgery. Our orthopedic physicians specialize in minimally invasive surgical techniques and computer-guided robotic assisted knee replacement to ensure that your ligaments and your new joint are aligned and balanced.

We offer multiple joint replacement options:

- Total knee replacement: Most of our knee replacement patients go home the same day and can recover in the comfort of their own home.
- Partial knee replacement: If you have arthritis in only one area of your knee, you may be a candidate for partial knee replacement. This same-day procedure can give you a more natural-feeling knee.

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- Total hip replacement: Our hip replacement patients go home in one day; some go home the same day as surgery. We offer a minimally invasive option, which makes healing and recovery much easier.
- Shoulder surgery: Shoulder injuries could require rotator cuff repair surgery, or if your pain is caused from arthritis, you may need a total shoulder replacement or a reverse shoulder replacement. Our orthopedic specialists are uniquely trained in both traditional and reverse shoulder replacement.

## A Partner Throughout Your Journey

We understand that you may be worried about surgery and recovery. We can talk through your options and help you become informed about the decision you must make.

Your journey begins before surgery. We'll make sure you're prepared physically and armed with the information you need to help you achieve the outcome you want. But the care doesn't stop when you go home. We will assist you and your home caregivers with the care you need to heal every step of the way.

As you prepare for joint replacement surgery, you may be eligible to take a joint replacement class and receive a home visit to make sure it's safe for you when you go home. We check handrails and bathroom safety equipment, and give you tips on how to prepare your house for your recovery.

# Surgery Doesn't Mean a Long Recovery or Pain.

If you're worried about pain, we have experts utilizing an innovative new technique to stop the pain before it starts. Through different types of oral pain management techniques, you can get moving faster and wake up refreshed and alert — not confused or nauseated.

About 98% of our patients don't need general anesthesia. We use regional anesthesia with sedation, so you're asleep but breathing on your own. Research shows that this approach improves pain relief while reducing opioid use. More importantly, it gets you moving — without significant pain — within hours of surgery, putting you on a fast path to recovery. We can then begin physical therapy immediately to get you home as soon as possible.



Physical therapy can be hard work, but it is worth the effort. During recovery, you'll work closely with therapists and nurses to improve your strength and coordination. With your new joint in place, your muscles must be retrained and strengthened so you can get back to your daily routine. Physical therapy will start in the hospital and may continue in an outpatient setting.

# Outpatient Physical Therapy Locations:

**Harrington Hospital  
Outpatient Rehab Clinic at Charlton**  
20 Southbridge Road (Route 169)  
Charlton, MA 01507

**Harrington Hospital  
Outpatient Rehab Clinic at Southbridge**  
100 South Street  
Southbridge, MA 01550

**Harrington Hospital  
Outpatient Rehab Clinic at Webster**  
340 Thompson Road  
Webster, MA 01570

**HealthAlliance-Clinton Hospital  
Physical Therapy Plus,  
Fitchburg Campus**  
275 Nichols Road  
Fitchburg, MA 01420

**HealthAlliance-Clinton Hospital  
Physical Therapy Plus,  
Orchard Hills Athletic Club**  
100 Duval Road  
Lancaster, MA 01523

**HealthAlliance-Clinton Hospital  
Physical Therapy Plus, Whitney Field**  
21 Cinema Boulevard  
Leominster, MA 01453

**HealthAlliance-Clinton Hospital  
Sports Medicine/Physical Therapy,  
Clinton Campus**  
201 Highland Street  
Clinton, MA 01510

**HealthAlliance-Clinton Hospital  
Sports Medicine/Physical Therapy,  
Clinton Campus**  
201 Highland Street  
Clinton, MA 01510

**Milford Regional Medical Center  
Rehabilitation and Sports Medicine -  
Milford**  
42 Cape Road  
Milford, MA 01757

**Milford Regional Medical Center  
Rehabilitation and Sports Medicine in  
the Blackstone Valley - Northbridge**  
100 Commerce Drive  
Northbridge, MA 01534

**Milford Regional Medical Center  
Rehabilitation and Sports Medicine -  
Franklin**  
2 Forge Parkway  
Franklin, MA 02038

**UMass Memorial Medical Center  
Marlborough Campus  
Center for Sports and Physical Therapy**  
151 Main Street  
Shrewsbury, MA 01545

**UMass Memorial Medical Center  
Marlborough Campus  
Outpatient Rehabilitation Services**  
340 Maple Street  
Marlborough, MA 01752

# Expert Care in Your Community

UMass Memorial Health is the largest healthcare system in the region. Patients receive excellent care close to home at any of our community locations including Leominster, Marlborough, Milford, Southbridge or Worcester. You will find convenience, personal attention, and dedicated orthopedic surgeons, physiatrists, physical therapists, and nurses, known for their expertise in total joint replacement and specialized orthopedic care.



To improve communication and support your needs, we encourage UMass Memorial Medical Center patients to use GetWell Loop, an interactive platform that allows you to stay connected with us before surgery, during your inpatient stay and throughout your recovery. By using a smartphone, tablet or computer, you'll watch your presurgery videos; receive follow-up care instructions; and can ask questions before and after the procedure, at the click of a button.

**Our surgeons who practice at UMass Memorial Medical Center, as well as our community hospitals, actively participate in clinical research studies and have published hundreds of research articles in nationally respected medical journals.** By collecting outcome data on joint replacement patients over the last 30 years, we're able to predict your recovery progress and potential complications that may arise. We're also a state and regional leader in keeping infection and complication rates low.

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UMass Memorial Medical Center is the clinical partner of UMass Chan Medical School, allowing access to the latest technology, research and clinical trials.

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## Take the Next Step.

By consulting with our specialists, you can get on the right track for proper diagnosis and treatment. We invite you to contact our expert staff anytime. They can help set up an appointment, answer your questions or simply provide more information. Knowledge is power.

**Get started today! Call 855-UMASS-MD.**



**The hospitals and services of UMass Memorial Health**

UMass Memorial Medical Center | UMass Memorial Medical Group  
Harrington | HealthAlliance-Clinton Hospital | Milford Regional | Community Healthlink