

Taylor Bowman

Joint Surgery Class Prep 12/2/2021

Identify three (3) concerns when caring for clients post-operatively for total hip, total knee, and total shoulder replacements.

#### Total Knee Replacement

- Do not flex or hyper-extend the knee
- Exercises (plantar & dorsi-flexion of ankles, Isometric: quad / gluteal setting, straight leg raises)
- Pain management (ice, analgesics, positioning)

#### Total Hip Replacement

- Hip Precautions (no flexion greater than 90 degrees, no adduction, no extreme internal or external rotation, no lying on operative-side)
- NV assessments
- Prophylactic Antibiotics

#### Total Shoulder Replacement

- Proper Positioning (sling and abductor splint, pillow behind elbow)
- Monitor for Complications (infection, prosthetic loosening, dislocation, nerve injury)
- NV assessments

How has watching the videos changed your thoughts about caring for arthroplasty patients?

Watching the videos has given me a better perspective of what their body has just gone through and a greater understanding of the overall experience. This will allow for better oriented care and being more aware of what is important to the patient and the joint which was just replaced.