



# The Total Hip and Knee Replacement Surgery Newsletter

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## Treating Osteoarthritis with Aquatic Exercise

Regular exercise helps keep joints moving, restores and preserves flexibility and strength, and protects joints against further damage. It improves your coordination, endurance and your ability to perform daily tasks (such as walking or writing). Exercise also can lead to mood enhancement, an improved sense of self-esteem and a sense of accomplishment. These benefits are often why exercise is highly recommended for patients with arthritis.

Unfortunately, some people with arthritis cannot tolerate traditional land exercise programs due to the strain it puts on the affected joint. As one's activity decreases due to the pain that arthritis causes, the cycle of sedentary weight gain occurs. Arthritis is worsened with each pound the person gains. When a regimented land exercise program is not possible many patients need an exercise alternative... enter the role of water based exercises. For those with bone, muscle, or joint troubles, water exercise challenges the body while easing strain on problematic areas. Over a period of time, many people report a decrease in pain, improved daily function, and improved quality of life.

Why water based exercises? The soothing warmth and buoyancy of warm water make it a safe, ideal environment for relieving arthritis pain and stiffness. Immersing in warm water raises your body temperature, causing your blood vessels to dilate and increasing circulation. Water exercise is a gentle way to exercise joints and muscles. Water supports joints to encourage free movement, and may also act as resistance to help build muscle strength.

The Arthritis Foundation Aquatics Program (AFAP) is a water exercise program designed for people with arthritis and related conditions. Classes are usually held 2 to 3 times per week at many local indoor pools for 45 to 60 minutes. Joining a water exercise class gives you the opportunity to exercise in warm water with professional guidance from a trained instructor. The Arthritis Foundation has been hosting aquatic classes for the last 25 years. For more information about Arthritis Foundation aquatics and to find the aquatic class nearest you, call 1-800-283-7800 or log on to [www.arthritis.org](http://www.arthritis.org).



### Recommended patient education web link:

The Arthritis Foundation at <http://www.arthritis.org>

## The Summer Fun of Golfing with a New Total Joint

Now that the summer is almost here the time has arrived to talk about the golfing season. We know that many of our new total joint patients have already hit the links this year because the telephone calls have begun.

Whether you've played golf for years or are interested in trying it for the first time, that new total joint doesn't have to slow you down. Just remember these few tips before you hit the tee. First, always loosen up before you play. Begin by walking for a few minutes.



Spend at least 10 to 15 minutes stretching, then take 10 to 15 easy and gentle practice swings before hitting your first shot. Now the time has come for the first match of the season. For all new

total joint patients who are at least 12 weeks out from their joint surgery...go play golf backwards!!!! (We also advise the players behind you of your bizarre medically advised behavior.) As crazy as it may sound we suggest that you start at the first hole by playing short putts from the green. Keep increasing your putting distance until you are comfortable with the putting swing. The next shot should be a short chip shot. Continue increasing the distance of the chip until you are comfortable. Following the chip shot, move back to a mid-fairway shot and again increase the distance until you are comfortable and find yourself back to the tee. Now that you are back in the groove of the game of golf and your new joint is just fine ... fore!

## Patient Education: The Quest to Deliver Knowledge Continues

As many of you may already know, we think that knowledge is power. With accurate general information provided to our patients, you in turn, are able to help us formulate a treatment strategy which is better for you. With that being said, you will notice that we are providing new 'easy to read' informational materials for our pa-

tients. Items such as arthritis flip charts are in each patient rooms, more handouts and resources are available for patients. We



hope that you will take advantage of the newest collection of materials that have been designed and provided for you.