**Transitional Care: Hip & Knee Rehabilitation**

Enhance your position in the post-acute care landscape.

**170,000 Hip Replacements**

**400,000 Knee Replacements**

IN U.S. PATIENTS 65+

**CJR**

THE HIP & KNEE BUNDLE

Mandatory bundled payment between hospitals and post-acute care providers

30% by 2016
50% by 2018

**Successful Recovery Plan**

1. Discharge to home, no complications
2. Effective pain management
3. Therapy goals met
4. Incision healed
5. No adverse medication effects

**Successful Program**

1. Collaboration Across the Continuum
2. Patient Trust & Engagement
3. Alignment on Clinical Pathways

**Pre-Rehabilitation**

Helps reduce post-op care
30% or $1,215 per patient

**Average Joint Replacement Cost**

$16K - $33K

**Average Cost with Readmission**

$40,277

**Fast-Track Programs**

Reduce hospital stays

Several Weeks → 2 - 6 days

**Source**:
- National Hospital Discharge Survey (2010)
- CMS CJR Model
- CMS CJR Model
- Associations Between Preoperative Physical Therapy and Post-Acute Care Utilization Patterns and Cost in Total Joint Replacement (2014)
**CARE**

**EDUCATION**
- Give patients useful information
  - Planning for recovery
  - Managing physical therapy expectations
  - Using assistive devices

**PAIN MANAGEMENT**
- Optimize medication and modalities

**PREVENT COMPLICATIONS**
- Thromboembolism
- Infection prevention
- Fall risk reduction

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**TREATMENT**

**PHYSICAL THERAPY**
- Strength training
- Stretching
- Stair-climbing
- Home exercises
- Dynamic balance
- Correction of altered gait patterns

- Proper weight-bearing status
- Position/movement restrictions
- Patient engagement and education

**NURSING CARE**
- Monitoring for complications
- Medication safety (e.g., anticoagulant monitoring)
- Patient engagement and education

**OCCUPATIONAL THERAPY**
- Correct use of mobility and daily living aids
- Rising/lowering to chair or transferring
- Return to driving
- Patient engagement and education

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**OUTCOMES**

**FAST TRACK**
- Focus on early post-op rehab to restore mobility, strength, flexibility, ROM adherence and weight-bearing precautions

**MEASURES**
- Improve important outcomes, including:
  - Pain, at rest and with activity
  - Range of motion
  - Gait, both pattern and use of aids
  - Muscle strength
  - Soft tissue flexibility and prevention of contractures
  - Dynamic balance
  - Stair-climbing
  - Self-care

**DATA CAPTURE**
- Track crucial data to inform:
  - Changes in care plan
  - Treatment results
  - Program monitoring

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**TRANSITION YOUR CARE:**

**Post-Acute Hip & Knee Rehabilitation**

Trust Direct Supply for perspective on the changing landscape of post-acute care services within Senior Living.

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**CONSULTATION**
- Expert advice based on your unique community and goals.

**PRODUCTS**
- Unbiased selection assistance to find the perfect solutions.

**EDUCATION**
- Aggregated best practices to help ensure success.

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Direct Supply can help you provide holistic care for short-term patients.

Direct Supply can help you improve post-op functionality by enhancing your rehabilitation.

Direct Supply can help you find and promote better outcomes that reduce length of stay and incidents like readmission.

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**Source:**
- Associations Between Preoperative Physical Therapy and Post-Acute Care Utilization Patterns and Cost in Total Joint Replacement (2014)
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Position your community for success. Call your account manager today!

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