



Updated: September 2023

Joint Replacement Recovery (JR2) is a community-based exercise program designed to enable joint replacement patients to continue their recovery in a supervised fitness environment. Instructors are certified fitness leaders who have completed additional training with a physiotherapist to work with this population.

Clients must complete a screening waiver and might also be required to receive clearance from their doctor for accompanying risk factors. Either a physiotherapy discharge summary or a self-administered checklist (for Total Hip Replacement patients who are circumventing outpatient physio) is required.

In order to ensure clients are ready for success in this program, and are able to do the exercise program, certain abilities as described in section **A** below are required.

A. Physiotherapy checklist criteria for entry to JR2

Client must be able to

- Change and enter/exit pool without assistance
- Be ambulatory with one cane
- Sit in and stand up from a chair (and low benches in change rooms)
- Be comfortable in the water (swimming ability not necessary)
- Strength rating at grade III+ (OR ability to lift and hold leg in place from side-lying position)

In addition, the information below is helpful in allowing staff to work appropriately with the client:

B. Information to include in discharge summary

TKR

Pre-program strength ratings
Knee ROM
Verbal Pain scale at rest, and with activity
Checklist of above criteria
Space for additional comments/considerations

THR

Hip ROM
Verbal Pain Scale at rest, and with activity
Checklist of above criteria
Space for additional comments/considerations

ADLs

How comfortable is the client with the following activities on a scale of 1 to 5:

1 = Not at all, 2 = not really, 3 = somewhat, 4 = fairly, 5 = very comfortable

Walking Indoors?

Reaching overhead?

Walking Outdoors?

Walking up and down stairs?

Does the client suffer from any back pain? If yes, explain.

JR2 Frequently Asked Questions

1. **How can I register?**

Complete the **Screening Questionnaire & Consent Form for Joint Replacement Programs** and submit it with the **Physio Discharge Form** to Watermania staff at 14300 Entertainment Blvd. You will be contacted to register.

2. **How long is the program, and when does it run?**

The class is six to seven week pre-registered sessions on Mondays and Wednesdays. Note that the number of classes may differ slightly due to holidays or closures.

3. **What if I have to miss some sessions?**

If you are ill or away on vacation, credit will not be given for those missed sessions except in cases of serious injury/illness.

4. **Do I have to do both land and pool portions of the class?**

Yes, as both components of the class are necessary for attainment of the benefits of the program.

5. **Can I attend classes prior to my surgery?**

Yes, we welcome pre-operative clients to get a start on strengthening the muscles that are around your joint.

6. **Are there lots of children in the pool during classes?**

This class is scheduled during a quieter time of day, but the weight room and pool changing rooms will be shared with all ages.

7. **What additional information should I be aware of?**

- Lockers are \$.50
- Wear athletic type shoes with closed toes and heels for land portion
- Water shoes are recommended but not compulsory for the water portion

8. **Who can I contact if I have any questions?**

Donna Bishop at 604-238-8004.