



Updated: December 2024

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 does one 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. Staff will be in contact to register.

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

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

3. **What if some sessions are missed?**

Credit will not be given for those missed sessions due to illness or vacation. An exception will be made for serious injury/illness.

4. **Do both land and pool portions of the class need to be done?**

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

5. **Can attendance happen prior to surgery?**

This program is offered *only* if the post-surgery sessions are not full.

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 is important to be aware of?**

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

8. **Who is the contact for questions?**

Donna Bishop at 604-238-8004.