

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 potentially also receive clearance from their doctor if they have accompanying risk factors. We also require either a physiotherapy discharge summary, or a self administered checklist (for THR patients who are circumventing outpatient physio).

In order to ensure clients are ready to be successful and are able to do the exercise program, we require certain abilities as described in section **A** below.

**A. Physiotherapy checklist criteria for entry to Introduction to JR2 – Small Group Training.**

Client must be able to

- Change and enter/exit pool without assistance
- Be ambulatory with one cane
- Sit in and stand 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 in **B** below is helpful in allowing us to work appropriately with the client:

**B. Information to include in discharge summary**

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

**ADLs**

How comfortable is the client with the following activities on a scale of 1 – 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? Explain.

## JR2 FAQs

- 1. How can I register?**
  - Introduction to Joint Replacement Recovery – Small Group Training:
  - Joint Replacement Recovery: Please register through the registration Call Centre at 604-276-4300 (8:30 am – 5:30 pm Mon – Fri) or at Watermania in person or via the phone. Please submit your medical clearance form and physio discharge summary to Watermania at your earliest convenience (*Medical clearance form is available to fill and print at: <http://www.richmond.ca/parksrec/pools/watermania.htm>* )
- 2. How long is the program, and when does it run?** Introduction to Joint Replacement Recovery (JR2) – Small Group Training runs in approximately 8-10 week pre-registered sessions, Mondays and Wednesdays 11:45am-1:00pm and 12:15-1:30pm. The Joint Replacement Recovery (JR2) runs in approximately 8-10 week pre-registered sessions, Mondays and Wednesdays 1:00-2:15 pm and 1:30-2:45 pm (number of classes may differ slightly due to holidays or closures).
- 3. How much does it cost?** Introduction to Joint Replacement Recovery (JR2) – Small Group Training rate is \$10.50 (plus GST) per class and the Joint Replacement Recovery (JR2) rate is \$7.75 (plus GST) per class.
- 4. Can I register any time during the current session?** Yes, as long as there is space in the program you can register at any time.
- 5. What if I have to miss some sessions?** Unfortunately, if you are ill or away on vacation we cannot credit you for the missed sessions (unless in case of serious injury/illness).
- 6. Do I have to do both land and pool portions of the class?** You may take part in land-only, or land and water. Water-only is not an option, as we will not have a good understanding of your abilities and limitations if we have not had a chance to work with you on land. There is no discounted rate for land-only.
- 7. Can I attend classes prior to my surgery?** We welcome pre-operative clients to get a start on strengthening the muscles that are around your joint.
- 8. Are there lots of children in the pool during classes?** While we schedule this class at a quieter time of day, you will still need to share the fitness centre and pool. An area is booked off for JR2, but in the last weeks of June and the summer months the pool is generally busy with children in lessons and public swimming.
- 9. What else should I know?** Please bring \$1.00 (4 quarters) for lockers. Wear athletic type shoes with closed toes and heels for land portion, and water shoes are recommended but not compulsory for the water portion.
- 10. Where can I phone if I have any questions?** Please call Danny Ronquillo at 604-238-8010 or email [dronquillo@richmond.ca](mailto:dronquillo@richmond.ca)