

My Joint Replacment Experience

by Levanne Hendrix, GNP, PhD

For years, I had lived with chronic pain, which I thought was resulting from back issues. Last year, the pain and functional deterioration increased dramatically despite all the usual non-invasive treatments and therapies. While continuing with physical therapy, I immediately made arrangements and plans for hip replacement surgery.

Never having undergone any major surgery, I became well informed by Total Joint Arthroplasty (TJA) education classes and talking with friends. I also called Lopez Island Hospice and Home Support (LIHHS) and Lopez Senior Services to arrange support services, medical equipment, transportation needs, and meals. My surgery was scheduled for January of this year, meaning that I was not only recovering at home, but I also was snowed in. Despite the snow, I felt totally supported by the Lopez community, friends, neighbors, and LIHHS. Verbal encouragement was very helpful, as was the shared experience of a friend's successful recovery process. During my recovery I found it most frustrating to have to plan every step to maintain stability, and my balance was non-existent. But at eight weeks post-op, I was able to give up the cane and walker and could drive my car again, enjoying the freedom of movement.

Despite my very positive outcome, I realize that I did have mood swings and depressive thoughts, but chalked it up to various medications and being snowed in. It is helpful to know that depression is common during recovery. I can't stress enough the contribution my support people made in my own recovery. I am eternally grateful for that and for becoming a new and improved model!

Advice from a Physical Therapist

By Nancy Ewert, LIHHS board member, & Terri Drahn, Lopez Island Physical Therapy

When thinking about joint replacement, which seems needed among my peers these days, I decided to ask our Lopez Island Physical Therapist Terri Drahn for her advice.

She stated that after reading Elizabeth Landrum's thorough and honest article, there was not that much to add. After some thought, however, she did come up with a few valuable tidbits.

- Come into surgery as strong as you can. Stationary bike, pool exercises (go FLIP) and prescribed physical therapy strengthening exercises are great to do for at least six weeks before surgery. Those who go into surgery stronger tend to have an easier time and better outcomes.
- Every knee and hip is different. Try not to compare with your neighbor who has had a knee or hip replaced.
- Remember that the body registers the surgery as "trauma." It has been through an ordeal and needs time to heal.
- Your knee and hip want to move. Even if exercises feel like the last thing you want to do—DO THE EXERCISES. Often you feel better after doing them.
- Sign up and get on the physical therapy schedule BEFORE surgery.

Lopez Island Physical Therapy has moved from the clinic, and is now located on Eades Lane in the old nursery. For more information or to make an appointment, call 360-468-4382.

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

ECRWSS



LOPEZ ISLAND
HOSPICE
& HOME
SUPPORT

PO Box 747
Lopez Island
WA 98261

178 Weeks Road
360-468-4446
admin@lihhs.org

LOCAL POSTAL PATRON

Volunteer Training Starts October 5th

Lopez Island Hospice & Home Support is currently accepting applications from people interested in serving as direct care volunteers.

You will receive valuable training in: communication and listening skills, ethical and legal issues, family systems, dementia, depression, stress management, end of life care, and grief and loss. Applicants are asked to complete a volunteer application form, participate in a preliminary interview, and attend all sessions (20 hours). Our training sessions start October 5, and are offered free of charge. Please call 360-468-4446 or email admin@lihhs.org for more information.

THE ELEVENTH ANNUAL JINGLE BELL DINNER

Scheduled for November 30 at the Community Center, the Jingle Bell Dinner is your chance to spend a festive evening with your friends and neighbors, all for a good cause. Tickets are \$75 each, and will be available through the Hospice & Home Support office. Call 360-468-4446 or email admin@lihhs.org for more information.

Summer 2019

More than Twenty Years of Service to the Community

New LIHHS Trustees

Jonathan Dahl has been a Medical Social Worker at Hospice of the Northwest for the last six years. **Nora McCloy** worked in the Quality Division of Group Cooperative for 16 years. Please join us in welcoming them to the board.