



A history of experience

West Park opened in 1904 as a tuberculosis sanitarium and became one of the largest facilities in Canada devoted to the most advanced cases of the disease. With the development of new TB treatments, we were able to apply our exemplary care to more health care issues.

Today, West Park is a regional adult rehabilitation centre, a provider of complex continuing care and long-term care services. Our specialized skills and expertise in meeting complex physical rehabilitation needs are internationally recognized.

You can help

Donations to the West Park Healthcare Centre Foundation support research and the purchase of equipment not covered by provincial funding.

To add your support, contact the Foundation office at 416-243-3698 or foundation@westpark.org.



Rehabilitation options after you are discharged

Inpatient rehabilitation is, in most cases, only the beginning of a long journey to recovery. We know the path that you have to travel for weeks, months and occasionally years after your stay with us. We will make every effort to facilitate smooth transition to West Park's outpatient services, or fee-for-services available through our Pro Active Healthcare Clinic, or other services available in the community.

For more information about West Park's Pro Active Healthcare Clinic, call 416-243-3778 or visit www.proactivehealthcare.ca.

TRANSPORTATION

TTC: (416) 393-4636

Wheel Trans Customer Service: (416) 393-4111

Wheel Trans Reservations: (416) 393-4222



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Total Joint Replacement

Recovering from hip and knee joint replacement



What is Total Joint Replacement?

You've come to West Park to help you get back in motion after having a joint replaced. It's likely a hip or knee joint and for most people the trouble started with arthritis. You've probably had time to plan for your surgery and rehabilitation. But new questions will come up as you recover.

You can learn more about your surgery by going to myJointReplacement.ca. You'll find information about osteoarthritis and rheumatoid arthritis at arthritis.ca.

How West Park can help

Expert staff at West Park's Musculoskeletal (MSK) Rehabilitation Service will help you to recover as much function and mobility as possible. Together, we'll set achievable goals to reach your full physical potential.

You may arrive in an ambulance, but expect to leave in a more independent manner.



West Park Musculoskeletal (MSK) Rehabilitation Service

Working with you on the Road to Recovery

Ready to work

Upon your arrival to West Park, members of the team will assess you and determine your immediate needs. We will consult with you and your family members to learn about your home and work environment. We will ask you about your extracurricular interests and activities as we want to make sure that we enable you to participate in as many of those as possible.

What to expect

You will have the benefit of front-line clinicians whom you will see on a regular basis. We have psychologists and neuropsychologists on staff, chiropractors and various medical and surgical specialists. Our care coordinators will see you through the rehabilitation process from beginning to end and will ensure your follow-up appointments are kept. It is each patient's responsibility to pay for transportation to and from clinics. We will also look into every requirement you may have to ensure proper nutrition while at the same time respecting dietary restrictions and cultural preferences when necessary. Plan on being with us for at least a week to 14 days. Your stay may be a little bit longer after a revision.

Repeat replacements

Sometimes, joints must be replaced more than once. This normally more complicated procedure is called a "revision." We are known for our ability to deal with complex arthroplasty revisions.

Patient education is crucial! Your healthcare team will teach you how to protect and prevent some of the possible complications (eg. dislocation) and optimize the function of your new joint.

What to bring

Although we are a hospital facility, we make every effort to make it feel as close to home as possible. Bring comfortable clothes that you can exercise in, a pair of running shoes and a bathing suit. Bring some books and treasured photos. You can also bring a small TV or you can rent one. If you prefer music, bring your MP3 player or a small radio. We ask that you get earphones for the sake of your neighbours.

Visitors

We encourage visits from your family and friends. But we are also sensitive to the needs of others around you. Having too many visitors can create problems. We simply ask that you exercise courtesy towards your neighbours. Visiting hours are from 11:00 a.m. to 9:00 p.m. Two visitors per patient at one time are permitted.

Going home

Before your full discharge, you may be sent on an overnight pass to try out your newly acquired abilities in a home setting.

