

## VIDEOS

*Total Hip Replacement: Improving Quality of Life*

13.50 mins

*Total Knee Replacement: Improving Quality of Life*

12.10 mins

both by American Academy of Orthopaedic Surgeons and National Association of Orthopaedic Nurses. Rosemont, Ill: AAOS, 2001.

After a brief description of how the hip or knee functions, these videos explain total replacement surgery in a straightforward and understandable way. Topics covered include pre surgery preparations, what to expect in hospital, and post surgery rehabilitation.

### Availability for loan:

FB 863 AAOS 2001 (Hip)

FB 873 AAOS 2001 (Knee)

Health Information and Wellness Centre, West Toronto

## COMMUNITY RESOURCES

### The Arthritis Society

National Office and Ontario Division  
393 University Avenue, Suite 1700  
Toronto, Ontario M5G 1E6  
Tel: 416-979-7228

Arthritis Information Line 1-800-321-1433

E-mail: [info@arthritis.ca](mailto:info@arthritis.ca)

<http://www.arthritis.ca>

### Canadian Orthopaedic Foundation

P.O. Box 7029  
Innisfil, Ontario L9S 1A8  
Tel: 416-410-2341  
1-800-461-3639  
<http://www.canorth.org>

## CONTACT

### Health Information & Wellness Centres

#### Trillium Health Centre - Mississauga

100 Queensway West  
Mississauga L5B 1B8  
905-848-7511

#### Trillium Health Centre - West Toronto

150 Sherway Drive  
Toronto M9C 1A5  
416-521-4187

Email: [hiwc@thc.on.ca](mailto:hiwc@thc.on.ca)

<http://www.trilliumhealthcentre.org/health>

#### Mississauga Library System

905-615-3500 (for book locations)

<http://www.mississauga.ca/portal/residents/library>

#### Toronto Public Library

416-393-7131 (for book locations)

<http://www.torontopubliclibrary.ca>

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This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.

To support the provision of health information at Trillium Health Centre, we have developed "HealthFinders" on a variety of health topics. These serve as starting points on your quest for health information, and represent just a selection of our resources.

HealthFinders are also available through our web site at

<http://www.trilliumhealthcentre.org/health>

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*Life. We're in it together.*

HEALTH INFORMATION  
AND WELLNESS CENTRE

## HEALTHFINDER

# Joint Replacement



## INTERNET SITES

### **My Joint Replacement**

<http://www.myjointreplacement.ca>

The GTA Rehab Network, The Arthritis Society, and the Total Joint Network have partnered to make this site a relevant and authoritative resource for patients and families. It provides excellent information on joint replacement surgery which includes pre-surgery preparation, hospital stay, recovery, and getting back to normal. Access is available to two message boards where people undergoing this surgery can share and benefit from one another's experiences. There is also a good frequently asked questions section.

### **Canadian Orthopaedic Foundation**

<http://www.canorth.org>

The Foundation is a national health charity dedicated solely to helping people maintain and restore their bone and joint health. To access information on joint replacement, click on the link Bone & Joint Surgery in the left hand column at the homepage.

### **The Arthritis Society**

<http://www.arthritis.ca>

This is the major arthritis organization in Canada, which provides useful information on hip, knee, shoulder and elbow replacement at its website. To access, click on the tab Tips for Living Well on the top tool bar, and then choose Looking at Surgery from the options in the right hand column. The site also offers information on less invasive types of surgery which may be considered by those with arthritis.

### **The Joint Replacement Institute**

<http://www.jri-docs.com/Pages/default.aspx>

The Joint Replacement Institute in Los Angeles is a world leader in hip and knee joint replacement. The site is packed with useful information on the topic, including excellent interactive animation presentations which take the user step-by-step through hip and knee replacements. There is also information on minimally invasive techniques such as hip resurfacing.

### **American Academy of Orthopaedic Surgeons**

<http://www.aaos.org>

The web site of this professional organization has very good patient information. Click on the link Patient Information in the left hand column at the homepage. Then choose Joint Replacement from the category menu in the left hand column, or click on the appropriate body part on the drawing. This provides access to numerous fact sheets on a variety of relevant topics, including full descriptions of replacements of hip, knee, wrist, and shoulder joints.

## BOOKS

*What Your Doctor May Not Tell You About Hip and Knee Replacement Surgery* by Ronald P. Grelsamer. New York: Warner Books, 2004

Dr. Grelsamer, a noted orthopaedic surgeon, provides information in this book to help you determine if a hip or knee replacement is the right choice for you. Topics covered include descriptions of different surgical options, pre-surgery preparations, implant materials, post op rehabilitation, and possible complications.

### **Availability for loan:**

FB 303 G73 2004 Health Information & Wellness Centre, both locations.  
617.58105 GRE Toronto Public Library System

*Total Knee Replacement and Rehabilitation: the Knee Owners Manual* by Daniel J. Brugioni and Jeff Falkel. Alameda, CA: Hunter House, 2004.

This book focuses on successful rehabilitation after total knee replacement surgery. It maps out the road to recovery with week-by-week exercises for a full year, illustrated by almost 200 photographs and drawings. The authors also include descriptions of the surgery and postoperative treatment, and a question and answer section at the end of each chapter.

### **Availability for loan:**

FB 873 B78 Health Information & Wellness Centre, both locations.  
617.58105 BRU Toronto Public Library System

*Getting Hip: Recovery From a Total Hip Replacement* by Sigrid Macdonald. Bloomington, IN: AuthorHouse, 2004

This is a personal account of the author's recovery from a total hip replacement. She discusses preparation for the surgery and potential complications, and then provides a detailed description of her rehabilitation. Written with wit and candour, the book offers useful tips for coping physically and psychologically with hip replacement, as well as important information on how to treat the new joint so it lasts as long as possible.

### **Availability for loan:**

FB 863 M22 2004 Health Information & Wellness Centre, both locations.  
617.58105 MACD Toronto Public Library System