



www.bostonsportsmed.com

OBESITY AND JOINT REPLACEMENT PROGRAM IN WATERTOWN

This program is designed for the overweight individual who would otherwise be a good candidate for lower extremity joint replacement.

The goal of this program is to maximize the outcome and longevity of a joint replacement through weight loss and long term management.

Our program promotes a lifestyle change by integrating nutrition, physical therapy, personal training, and orthopedics.

PHASE ONE: Physician Referral

An orthopedic physician will determine the need for weight loss to ensure post-operative success. A referral will be made to Boston Sports Medicine's Joint Replacement Program.

617-787-8700

PHASE TWO: Physical Therapy Evaluation and Treatment and Nutrition Counseling

A physical therapist will implement an individualized exercise program and establish goals for the patient based on a comprehensive examination. Any potential comorbidities, barriers, and limitations will be considered. A dietary consultation will be completed. Nutrition counseling will be provided by a dietitian on a regular basis.

PHASE THREE: Personal Training and Continued Nutrition Counseling

After meeting the physical therapy goals, a personal trainer will continue supervision of the patient's prescribed fitness routine while considering any personal limitations and other information provided by the physical therapist.

Regular nutrition meetings will continue.

Monthly follow-up will occur with the Physical Therapist.

PHASE FOUR: Physician Re-Assessment and Surgical Procedure

The orthopedic surgeon will assess patient progress, readiness for surgery, determine a surgical date, and schedule the joint replacement. The joint replacement procedure will be completed.

PHASE FIVE: Post-Surgical Care

Physical therapy services will be provided following the joint replacement procedure.