



## JOINT CARE CASE STUDY

Meet...

# BETH SCOTT

<b>AGE</b>	<b>59</b>
<b>RESIDENCE</b>	<b>Gratiot, WI</b>
<b>SURGERY</b>	<b>Total Knee Replacement</b>
<b>HOBBIES</b>	<b>Computers Gardening Grandchildren</b>

### **WHEN DID YOU DECIDE THAT YOU WOULD NEED JOINT REPLACEMENT SURGERY?**

“My knees have been bad for many years. It’s probably been 8-10 years, and it had gotten to the point where I had bone-on-bone arthritis. I was in a scooter most of the time, I had one at work and one at home. I was just unable to walk around much at all. It was preventing me from doing a lot of things at home. I was unable to get outside and play with my grandkids, my gardening suffered, and even if I was cooking, I needed my scooter to get around and do it.”

### **HOW WAS YOUR SURGICAL AND RECOVERY PROCESS AT MONROE CLINIC’S JOINT REPLACEMENT CENTER OF EXCELLENCE?**

“I think the education and training portion [at the Joint Replacement Center of Excellence] is fantastic. They were very thorough and the itinerary and exercises were all compiled in a nice notebook. If you had questions, you knew where to go. Everything was all mapped out and very precise.” After joint replacement, many patients experience milestone moments that reveal the improvement surgery has made. For Beth, this occurred three hours after surgery when she was up and standing on her own.

### **WHAT IS MOST UNIQUE ABOUT MONROE CLINIC’S PROGRAM?**

“The thoroughness of information and the follow-through was most unique. They were very good at making sure everything was in place and working the way it should be working. If there were any questions they would take care of it. I think that’s so necessary. The PT (physical therapy) people had such a nice routine and made sure that you were getting your PT twice a day. Actually, the day I was to leave, I wasn’t able to make the morning session, and they came in early to make sure I was getting that service. I think that overall follow-through and commitment to making sure everything goes smoothly made a difference.”

### **HOW HAS YOUR LIFE BEEN ENHANCED SINCE YOUR SURGERY?**

“Within the first 24 hours I was able to walk without shoes on my feet. I had not gone bare-foot for 6 years. That was a big thing for me. I just couldn’t believe it. And my scooter sits in the back room, I haven’t touched it. I’m loving playing with the grandkids. In fact I went in for an appointment, and I said, ‘You know, this is why I had it done, because I was actually out playing with my grandkids and it’s only been six weeks since my surgery.’ I’m walking so much further than I ever had before, and I lost weight because I’m able to be more active.” Beth’s advice to others considering joint surgery is, “Do it. Don’t put it off. And definitely go through Monroe Clinic’s Joint Center. I put it off, and I should have never put it off for as long as I did.”

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