

## Camp Amenities

Campers are not only provided this non-threatening environment of wellness, but also other special amenities such as a T-shirt upon discharge from “camp.”

Patients are informed each step of the way on what activities their day will hold through a daily newsletter provided with their morning breakfast tray. These light-hearted newsletters, Hip Tips and Knee Knots, provide the patient with advice and tips on what to expect during their stay.

*“We are excited about Mercy’s commitment to this unique program. It’s going to be excellent in the standardization of pre-, intra- and post-operative care to improve patient outcomes.”*

*—Craig R. Mahoney, MD, co-medical director of the Mercy Center for Joint Replacement*

For more information about  
the Mercy Center for Joint  
Replacement, call

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CENTER FOR  
JOINT REPLACEMENT

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# Joint Camp

*Mercy Center for  
Joint Replacement*



Excellence.  
Every Day in Every Way.™

# Welcome!

Camp is normally for kids, right? Well, not anymore! Mercy Medical Center welcomes you to “Joint Camp”—a program of the Mercy Center for Joint Replacement.

## Camp Overview

Unlike the typical hospital unit, the Mercy Center for Joint Replacement has patients who are not “sick” but have elected to take a proactive approach to return to an active lifestyle—to regain their youth, in a manner of speaking.

*This is a program that has been successfully implemented at a few other locations around the country. We are excited to be able to bring it to central Iowa for the benefit of our patients. It offers a more focused and intense rehabilitation environment for patients who are interested in a more rapid recovery after joint replacement.*

—Mark R. Matthes, MD, co-medical director of the Mercy Center for Joint Replacement

At Joint Camp, patients are up, dressed in their own clothing, playing golf and are back home within three to four days of surgery. Joint Camp provides patients who meet specified criteria a unique surgical experience where “fun” is a key component of the recovery process. The focus is on returning people to a healthy, active lifestyle.

## Benefits of Group Therapy

Through group exercise, patients encourage each other to work harder, and actually have a good time getting back in shape. They realize that what they are feeling is part of the normal healing process, making them more relaxed. The group experience also offers patients and families the opportunity to form friendships with other “campers” and their families.

*“Camaraderie and group support are an important part of the program and can be of tremendous help in the early days after surgery when patients often need the most encouragement.”*

—Dr. Matthes

Families are invited and strongly encouraged to take part in the process by being a “coach” for the patient. The coach attends therapy with the patient and learns about the recovery needs that will be so important over the next several weeks at home. Coaches get to be a vital part of the healing process, and also provide informal support for other joint replacement patients and their families.

## Camp Activities

With the “Walk Around America” activities series, patients are sure to forget they are in the hospital, and not really at camp! Stations are set-up throughout the unit (denoted by colorful, educational wall hangings), each with an activity unique to a certain part of our country...and, of course, both the distance traveled and activities accomplished gain the patient valuable rehabilitation and ambulation goals. For example, a patient may “walk to Georgia” and use the golf putting green for a chance at a piece of fruit or a sweet treat!