

Joint Replacement Video Library

HealthClips™ Video Library: allinahealth.healthclips.com



- Open your smart phone's camera.
- Hold the phone over the QR code.
- Click on the yellow link.
- Click on the video.

Use the QR code at left to access the entire video library. You can watch the below videos or any video in the HealthClips library at any time.

Joint Replacement: Understanding Your Discharge Instructions



Watch this [video](#) to learn why your discharge instructions are important and why you should ask questions to make sure you understand.

Joint Replacement: Preventing Blood Clots



Watch this [video](#) to learn how physical activity and medicine can help prevent blood clots.

Joint Replacement: Pain Management



Watch this [video](#) to learn how your pain will be managed after your surgery, and what you can do to reduce your pain at home.

Joint Replacement: Physical and Occupational Therapies



Watch this [video](#) to learn how physical and occupational therapists can help you reach your recovery goals after surgery.

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❑ Joint Replacement Recovery: Activity Guidelines



Watch this [video](#) to learn how following your activity guidelines and going to physical therapy will help your recovery.

❑ Joint Replacement Recovery: Activities of Daily Living



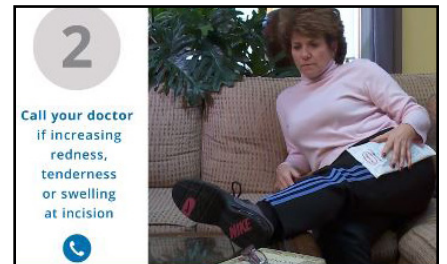
Watch this [video](#) to learn how to safely resume the activities of daily living such as getting dressed, household chores, and driving.

❑ Joint Replacement Recovery: Incision Care



Watch this [video](#) to learn how to properly care for your incision and learn the signs and symptoms of infection.

❑ When to call the Doctor: After Joint Replacement Surgery



Watch this [video](#) to learn when you should call your doctor after surgery.