

Free To Move

Proactive Hip, Knee, & Shoulder Plan



A Proactive Plan for Healing™

Connecting with Confidence.

Choosing orthopedic surgery is a big step toward moving and living more freely. The next step is selecting a Home Health Team equipped to help make recovery as fast and smooth as possible. At Paradigm HomeCare, that's our specialty.

Every day for more than 10 years, Paradigm's experienced Physical and Occupational Therapy Team has been providing superior care for orthopedic patients, including those recovering from hip, knee, and shoulder replacements. We proactively collaborate with surgeons, patients, and families to bring the confidence of our expertise to the entire recovery process.



Proactive Recovery Goals

1. Promote healing
2. Reduce pain
3. Prevent injury
4. Restore function, strength, range of motion, and mobility
5. Instruct patients on safe, appropriate, self-guided progress
6. Teach the proper use of assistive devices, and how to dress and bathe safely

Each therapy plan is custom-tailored to the unique needs of the patient.

Paradigm will start your care the day after you go home from the hospital.

STEP 1 Assessing your situation.

After joint-replacement surgery, every patient comes home to a unique set of circumstances. Paradigm's Proactive Recovery Plan starts with a comprehensive assessment of the things that can affect individual progress, from the *condition of the surgical site* to the *patient's overall health* to the *medication plan*. Our team will also consider other factors, such as whether the home environment allows for safe mobility, and whether caregiver support is adequate.

STEP 2

The road to recovery starts at home.

The Proactive Recovery Plan begins in the comfort of the patient's home, where the physical therapist will help develop a program for a return to more normal activity.



The therapist will incorporate exercises that:

- Restore strength, function, and range of motion
- Support healing
- Reduce pain

The patient will learn how to:

- Promote his or her own recovery
- Avoid injury
- Determine when it's safe to do more
- Properly use assistive devices
- Manage daily activities like bathing and dressing



STEP 3

Poised for a comeback.

Every patient's recovery goal is different, yet they all share one common motivation: *the return to confident living*. For some that might be as ambitious as running a marathon; for others, it might be as simple as playing with the grandchildren or moving safely around the home and neighborhood.

In collaboration with the surgeon, Paradigm tailors each therapy program to the patient's unique objectives, creating the optimum transition back into the life they love.

Service Areas

Paradigm provides home care throughout the following Texas counties:

Anderson	Franklin	Morris	Upshur
Camp	Gregg	Rains	Van Zandt
Cherokee	Henderson	Rockwall	Wood
Collin	Hopkins	Rusk	
Dallas	Houston	Smith	
Denton	Kaufman	Titus	

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Traditional Medicare pays 100% for all physician-ordered home healthcare. Call **888.581.1223** for your **IN-HOME EVALUATION** today.

Recognized among the top in Healthcare

Year after year, Paradigm HomeCare has consistently been recognized and distinguished among the top home health agencies in the U.S. for efficient delivery of high-quality patient care, improved patient outcomes, reduced hospital and ER visits, and overall patient satisfaction.

Please visit www.medicare.gov/homehealthcompare to view our ratings and scores.

