Welcome to Coxa

Patient Guide 1

Hospital for Joint Replacement
Coxa Hospital for Joint Replacement

Coxa is the only hospital in Finland that specialises exclusively in joint replacement surgery. We employ 200 top professionals in the field and perform over 3,500 joint replacement surgeries every year. Coxa is world-class in patient safety.

Read more: coxa.fi
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Osteoarthritis and treatment
WHAT IS OSTEOARTHRITIS?

Osteoarthritis (arthrosis) is the most common joint disease: nearly everyone will suffer from it through ageing. Osteoarthritis is most commonly found in the knees, hips, finger joints and spinal joints. Typically, the changes advance slowly over several years. The human body is unable to repair the damage to the joint’s cartilage.

Symptoms

Osteoarthritis manifests as throbbing pain that worsens when moving and is relieved at rest. As the disease advances, the pain may become constant and a source of discomfort even during the night. Other typical symptoms include joint stiffness in the morning and when starting to move. Osteoarthritis in a lower limb makes walking increasingly difficult, and may make it difficult to stand up and sit down. Everyday living may become difficult with advanced osteoarthritis.

Risk factors

The risk factors of osteoarthritis include genetics, being overweight, joint injuries and related ligament injuries, malposition of joints and physically taxing work. Ageing weakens the mechanical properties of the joint cartilage and tissue metabolism. These predispose the joint cartilage to damage.

Non-surgical treatment of osteoarthritis

If surgery is not necessary or needs to be postponed, the symptoms can be alleviated using other methods. Treatments for early stages of osteoarthritis include regular pain medication, weight loss, exercise and mobility aids.
WHEN SHOULD I HAVE SURGERY?

The most common reason for joint replacement surgery is advanced osteoarthritis that cannot be treated by other methods. When joint pain makes normal movement and living difficult, or the joint is painful at rest and medication is no longer effective, surgery may be required. Joint replacement surgery is a way of improving one's ability to function. For some patients, this will mean that they can carry out their daily chores, for others it is an opportunity to continue their physically active lifestyle.

When is the decision for surgery made?

The surgery decision is always made after mutual consideration between the orthopaedist and the patient at the patient's assessment appointment at Coxa. If surgery is deemed necessary, Coxa will provide you with instructions on how to prepare.

A relative or friend is welcome to accompany you at Coxa, starting from the assessment visit.

The best joint for you

Artificial joints are made from cobalt-chromium, steel, ceramics, titanium and hard plastics. The artificial joint can be affixed to the bone with bone cement or glue, or it can remain uncemented. Uncemented joints have a rough surface that the patient's bone can grow onto. Joint replacement surgery may also require bone transplants, plates and screws.

There are numerous types and models of artificial joints with more being researched and developed. Coxa Hospital for Joint Replacement uses high-quality Zimmer Biomet and DePuySynthes artificial joints. We at Coxa keep up to date with the development of artificial joints and apply the latest knowledge and technology.

Your orthopaedist will plan your surgery to meet your specific needs. Your new joint will be selected according to your ability to function and your age and bone structure.

The decision on joint replacement surgery is made by the orthopaedist and patient together.
What does joint replacement surgery involve?

A joint replacement surgery is a procedure performed under spinal anaesthesia, in which an artificial joint is implanted to replace the damaged joint surfaces. In some cases, it is possible to remove the joint surface only partially and use a partial prosthetic joint. The surgery usually takes 1–2 hours. Your condition is monitored by an anaesthesia nurse during the surgery. After the surgery, you will be first taken to the monitoring room and then to the inpatient ward to recover.

Getting into an upright position and starting to move at an early stage supports your recovery. The inpatient ward nurses help you sit up, and if your condition allows, to stand and walk around on the day of your surgery.

Risks

Joint replacement surgery at Coxa is a fairly safe operation, and the associated complications are rare. However, any surgery carries inherent risks. The probability of severe complications requiring reoperation is less than two per cent. These include infected surgical wounds and artificial joints, post-operative deep vein thrombosis (blood clots), bone fractures and dislocated joints as well as stretch injuries. Good treatment planning, surgery technique and pre-emptive medication can significantly reduce the risk of all of these.

An infected artificial joint is a serious complication, which requires a long course of antibiotics and often a two-stage reoperation. In the first stage, the infected artificial joint is removed and the tissues are thoroughly cleaned. Implanting a new artificial joint is usually possible in approximately three months. Before the reoperation, the use of the jointless lower limb is restricted.

Your orthopaedist will discuss the risks of the joint replacement surgery with you during the assessment appointment.
Osteoarthritis and exercise
GET VARIED EXERCISE

A good general health and muscle strength alleviate the symptoms of osteoarthritis and support a quick recovery after surgery. Exercise will be aimed at improving your general health, muscle strength and elasticity, joint mobility and balance. Increase the rate and degree of exercise gradually.

If your joint is infected or becomes very painful during exercise, reduce the strain. Pain medication will help you move.

Remember to take care of your muscle strength and weight management after the surgery as well.

Joint pain weakens your balance and increases the risk of falling. You can improve your balance with a regular exercise. You can also considerably reduce your risk of falling by strengthening your core muscles and improving your reactions through exercise. For more information about treating osteoarthritis and to read the Patient Guide covering physical and joint mobility exercises, visit kaypahoito.fi.

General exercises
Good ways to take care of one’s general condition include walking, bicycling, Nordic skiing or exercises in water, for example. Exercise for 30 minutes at a time 3–5 times a week. Exercise may include jumps and shocks, if this does not cause significant pain. The volume or intensity of exercises is too high if pain and swelling increase considerably afterwards.

Strength training
Go through all main muscle groups of both lower limbs in your strength training routine. Do strength training exercises 2–3 times a week. Start with 1–10 repetitions so that you learn the proper technique. Gradually work your way up to 15 repetitions. Complete 3–5 series of repetitions.

Muscle stretching and joint mobility exercises
Maintain a stretch for 5–15 seconds to stretch muscles. When increasing joint mobility, the joint should be bent through its full range of motion. Hold the stretch for 20–30 seconds. Repeat 3–5 times. Stretch daily.

Where to get exercise guidance?
The OmaCoxa service is your rehabilitation trainer online. It offers you an exercise programme and workout videos for home rehabilitation free of charge.

In addition to OmaCoxa, you will receive more information and exercise guidance from your municipality’s sports ad exercise services, the physiotherapy services of your local health centre, or private physiotherapy services providers.

Fysi Partners – Extra support for rehabilitation
Fysi Partners Finland’s network of physiotherapy and rehabilitation experts covers the whole of Finland. The service you purchase through the network must be paid for by you. The service providers are specialists in the rehabilitation of patients with artificial limbs.

Call the OMAFYSIO service at +358 10 327 5221 (08:00–16:00)

Fysi Partners Finland is a Coxa affiliate.
www.fysipartners.fi
EXERCISE PROGRAMME

EXERCISE ROUTINE I
(Do at least these before the surgery and continue at the inpatient ward)

**Hip/knee flexion while lying on your back (knee/hip)**
Flex your knee and hip. Straighten the leg back on the surface. Your foot will slide on the surface.

**Thigh/buttock activation while lying on your back (knee/hip)**
Flex your ankles, press the backs of your knees against the surface by tightening your thigh muscles and buttocks. Hold for a few seconds. Repeat.

**Controlled upright position with weight shifts (knee/hip)**
Strive to keep your weight equally on both legs while standing in an upright position. Straighten your knees, hips and upper body. Use a mirror to check that your weight is evenly distributed. You can perform minor weight shifts on the operated leg before you start walking.

EXERCISE ROUTINE II
(Begin at the inpatient ward and continue until 4–6 weeks after surgery)

**Hip abduction while lying on your back (hip)**
Bend both legs. Place the soles of your feet close to each other.
- a) Turn your knees outward towards the ground. Return to the starting position. Repeat.
- b) Leave your knees to the sides. Stretch.

**Hip extension/stretch while lying on your back (knee/hip)**
Lift the operated leg on a step by bending the hip and knee. Do not assist the motion by lifting your pelvis. You can hold on to a railing or a piece of furniture for more support.

**Hip abduction while seated (hip)**
Sit on the edge of a chair and place the soles of your feet close to each other on the floor. Turn your knees outward symmetrically. You may assist the motion by slightly pushing on the inner thighs. Keep your body straight.

**Lifting a foot on a step (knee/hip)**
Lift the operated leg on a step by bending the hip and knee. Do not assist the motion by lifting your pelvis. You can hold on to a railing or a piece of furniture for more support.

= the operated leg
Hip flexion and extension while standing (knee/hip)
Shift your weight on the unoperated leg. a) Bring your bent operated leg in front of you and b) bring it to the back straight. Return to the centre. You can gradually proceed to a flexion-extension combination of the two motions. Do the exercise also with the operated leg as the supporting leg.

Hamstring stretch (knee/hip)
Lift your foot on an elevated surface. Extend your knee and lean your body forward. Maintain a slight bend in the leg which is on the floor.

Knee flexion/stretch while seated (knee)
Sit on the front edge of a chair with the soles of your feet against the floor. Bend your operated knee so that at least the ball of your foot touches the floor. For a more efficient stretch, you can move your pelvis closer to the edge of the chair, which increases the bend in your knee.

Knee extension while seated (knee)
Flex your ankle, tighten your thigh muscles and straighten your knee. Hold the extension for a few seconds. Return to the starting position.

Knee extension (with a roller under the knee) (knee)
Lie on your back or resting on your elbows and place a roller under your knee. Flex your ankle, press the back of the knee against the roller and straighten your knee. Ensure the back of your knee stays in contact with the roller during the extension.

Knee extension (with a roller under the ankle) (knee)
Place a rolled towel / roller under your ankle so that the calf is raised from the surface. a) Relax and let your knee straighten downward, b) straighten the knee by tightening the thigh muscle.

Knee flexion/extension on a step (knee)
Lift the operated leg on a step. You can hold on to a railing or a piece of furniture for support. Bend the knee and then straighten it. You can also hold the knee in the end positions for a few seconds.

Knee flexion/stretch while seated (knee)
Sit on the front edge of a chair with the soles of your feet against the floor. Bend your operated knee so that at least the ball of your foot touches the floor. For a more efficient stretch, you can move your pelvis closer to the edge of the chair, which increases the bend in your knee.

Calf stretch (knee/hip)
a) Place the ball of your foot against the wall. Keep your knee straight and push your pelvis forward. b) Stand on a step. Let the heel of one foot sink downward from the step so that you feel a stretch in the calf.

Knee extension
Lift your foot on an elevated surface. Extend your knee and lean your body forward. Maintain a slight bend in the leg which is on the floor.

Hamstring stretch
Lift your foot on an elevated surface. Extend your knee and lean your body forward. Maintain a slight bend in the leg which is on the floor.
**EXERCISE ROUTINE III**  
(Begin 4–6 weeks after the surgery)

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**Pelvis raise (knee/hip)**  
Bend both legs. Ensure the knees are turned slightly outward. Tighten your buttock muscles and raise your pelvis so that  

- **a)** the buttocks come off the ground only slightly, or  
- **b)** the pelvis straightens. Keep your weight on the heels throughout the exercise.

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**Hip abduction and forward bend while seated (hip)**  
Sit on the edge of a chair with the soles of your feet close to each other on the floor. Turn your knees outward symmetrically. You may assist the exercise by slightly pushing on the inner thighs. Simultaneously bend your body forward along the legs.

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**Mini-squat (knee/hip)**  
Stand firmly with your weight on both legs and  

- **a)** bend your knees and hips slightly so that your knees and toes point in the same direction. The weight remains evenly distributed on both legs.  
- **b)** bend your knees more and lower your bottom so that it touches the chair. Return to the upright position. Ensure that your knees and toes point to the same direction during the exercise. You can initially make the exercise easier by supporting your hands on your thighs or chair armrests.

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**Hip extension/stretch while standing (knee/hip)**  
Stand straight with the operated leg extended behind your body. Push your pelvis forward. Once your balance improves, you can also do the exercise with the other leg. You can hold on to a piece of furniture for support.

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**Heel raising (knee/hip)**  
Raise your heels and then return them on the floor. When raised, the heels turn slightly towards each other. You can hold on to a piece of furniture for support.
DENTAL AND ORAL CARE BEFORE THE SURGERY

Oral, dental and gingival infections can increase the risk of infection in the artificial joint. We recommend that all our patients visit a dentist for a checkup before their joint replacement surgery. Patients who have an elevated risk of infections due to their diagnosed underlying illnesses must visit a dentist for a statement of their oral health before the surgery. In that case, a nurse at the Coxa outpatient clinic will instruct them to schedule an oral examination with their own dentist at a health centre or a private dental clinic.

You can take advantage of the discount provided by Coxa’s partner, the dental chain Oral.

Oral gives Coxa patients a 10% discount on all services.

To receive this discount, presenting this brochure to your Oral dental office, or by using the code COXAETU when you book an appointment with Oral online. You can make an appointment with your chosen Oral dental office online at oral.fi or by calling +358 (0)10 400 3400.
As a rule, Kela reimburses the patients’ travel costs based on the most inexpensive means of transportation. The decision also takes the patient’s health into consideration.

If, at your appointment, our professionals deem that you are not able to use public transportation due to an illness or your current status of health, Kela’s travel costs reimbursement may be based on the costs incurred by using a special vehicle. Special vehicles include, for example, your own car and various taxis.

Patients arriving at Coxa on the basis of the freedom to choose one’s treatment facility may receive reimbursement from Kela for trips to the nearest university hospital due to the joint replacement surgery. For more information, please contact Kela.

To find out if you are eligible for travel cost reimbursement, contact Kela by calling +358 20 692 204 or visiting www.kela.fi/kysy-kelasta.
BEING A PATIENT AT COXA

Using smart devices and social media in the hospital

Using your smart devices is permitted while you are at the inpatient ward.

Please adhere to the following:
• Do not take pictures inside the hospital and at the inpatient ward. Do not take pictures of other patients or personnel without permission.
• If you are on a video call, ensure that the camera of your smart device only points at you.
• Do not post updates with other patients’ personal information.
• In order to ensure professional patient relationships during care, our personnel have been instructed not to accept patients’ friend requests on social media.

Treatment feedback

We want to be worthy of your trust. We develop our operations continuously based on patient feedback. You can influence the care and service provided at Coxa by giving us feedback. Primarily, you should give your feedback directly to the personnel, so that we can serve you better. You can also submit your feedback using the feedback form or through the www.coxa.fi website.

If you have issues concerning the care you received or the way you were treated, you can contact Coxa’s patient ombudsman. They will give you information about patient rights and provide instructions and guidance in problem situations. The patient ombudsman can be reached at +358 3 3116 5119.

Benefit statements and social work at Coxa

Coxa will also issue statements concerning matters related to your joint replacement surgery. If you need other statements, you should contact a physician in your own municipality or at the occupational health service.

Due to your inherently short visit to Coxa, a consultation with a social worker is possible in special circumstances only. As a rule, the social workers of your own municipality will help you in questions concerning social work.

When needed, you can obtain more information from the Pirkanmaa hospital district’s social worker at +358 3 3116 6207.

Patient registers

Information about the examinations and treatment of patients is collected in a patient register. In addition, the register contains statistical information on the operations of the hospital or the hospital district, and information related to invoicing and scientific research. We collect patient information in Coxa’s own patient register as well as in the joint patient register of the hospitals of the Pirkanmaa hospital district. For more information, please visit www.coxa.fi/rekisterit.

The Coxa Hospital for Joint Replacement uses the e-prescription, but has not yet joined the other Kanta services, such as the national archive of patient information. Therefore, we will not have access to any consents and prohibitions you may have prepared in My Kanta.
Comfortable accommodation
The Norlandia Care patient hotel offers you comfortable and relaxing surroundings for recovery.

The Norlandia Care Tampere Hotel offers comfortable accommodation and high-quality services for both patients and their family and friends. Coxa’s customer service will make the hotel reservations included in your treatment period when you make your hospital appointments. In addition to treatment-related stays, patients and their relatives and friends can stay at the hotel at their own expense at Coxa’s discounted rates.

Reservations for private stays: To book a room from the Norlandia Care Tampere Hotel directly, call +358 50 384 4400, or e-mail tampere@norlandia.com. Make sure to mention that you are a Coxa patient or their friend or relative.

Address: Biokatu 14, 33520 Tampere
Number of rooms: 130
Parking: a heated garage and outdoor parking
Other services: sauna, conference services, lobby cafeteria 24/7, lunch buffet, à la carte restaurant, self-service cleaner’s
Internet: complimentary Wi-Fi in rooms
ARRIVAL

By car
Some short-term parking spaces are available for drop-off and pick-up in front of the hospital. Long-term parking spaces are marked on the map below.

By bus
The closest bus stop to Coxa is the Tampere University Hospital (Tays) stop. All buses headed towards Tays will be marked “Tays”. Buses on routes 1, 8, 27, 28, 29 and 90 from the Tampere railway station stop by Coxa.
Coxa Hospital for Joint Replacement
Customer service
03 3117 8023

Coxa Tampere
Hospital for Joint Replacement is located in the Tays area in Tampere
Biokatu 6 B, Tampere.

Coxa Helsinki
Annankatu 32 A, 00100 Helsinki.
Aava Medical Centre in Kamppi shopping centre.