



## EXCEL Outpatient Total Joint Program

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The EXCEL Orthopedic Surgery and Recovery Program is designed for healthy, active adults who would have a better quality of life after surgery.

### THE EXCEL PROGRAM IS COMPREHENSIVE, OFFERING:

- Comfortable & private post-op recovery at a private orthopedic care recovery site with 24-hour RN care
- 1 on 1 personalized concierge service with a family nurse practitioner to guide you through the entire process
- Free pre-op patient education, personalized for each individual
- Emphasis on a wellness model through a team approach
- Accelerated patient recovery through individualized pain management techniques, intensive post-operative rehabilitation at your orthopedic recovery site
- One simplified bill

### GOOD TO KNOW:

- Lake Elmo pre-op class: education on pre-surgery preparation, surgery, and post-surgery & recovery
  - Location: Red Rock Senior Living of Woodbury | 2195 Century Ave South, Woodbury, MN 55125
  - Hip: Tuesdays from 1:30-3:00pm
  - Knee: Tuesdays from 12:00-1:30pm
- Includes the following total joints:
  - Hip
  - Knee
  - Shoulder

- Ankle
- Post Surgical Stay in suites
  - Hip: 1 night
  - Knee: 2 nights
  - Shoulder: 1 night
  - Ankle: 1 night
- You will be provided with TCO clothing designed for comfort after surgery
- Surgery must be scheduled at minimum of 4 weeks from appointment. This will be determined by your orthopedic surgeon's clinical assistant and surgery center availability
- Once surgery has been approved by your insurance and our EXCEL team, you will receive a phone call from the EXCEL team to give you further instructions and information on preparation for the surgery
- Physical Therapy Locations: Outpatient PT must to be done at a TCO location
  - Burnsville
  - Coon Rapids
  - Eden Prairie
  - Edina
  - Fridley
  - Maple Grove
  - Otsego
  - Plymouth
  - Robbinsdale
  - Shoreview
  - Stillwater
  - Waconia

#### CONSTITIONS THAT MAY EXCLUDE YOU FROM THE EXCEL PROGRAM:

- BMI greater than 35
- Patients who are Type I diabetic or insulin-dependent
- Patients with a hemoglobin level less than 12
- Patient's who've had a MI in the last 6 months or patients with MI history, daily/frequent angina, and/or CVA
- Patient's with a known history of DVT or PE
- There are other criteria besides those listed above that may exclude you from the program. These will be determined by your medical care team