

# LET'S MOVE FOR SURGERY SURGERY TOOLKIT HEALTHCARE PROFESSIONALS IMPLEMENTATION PLAN

## Overview

The Surgery Toolkit is aimed at supporting those undergoing and recovering from joint replacement surgery. It is a ten part video series featuring follow along movement videos for the hip, knee and shoulder, as well as full body strengthening and cardio workouts. Exercises are demonstrated by NHS physiotherapist, Milly Abdullah, accompanied by people living with arthritis, who have undergone or are awaiting joint replacement surgery. Exercise videos are 20 minutes and are designed to fit into a daily routine as easily as possible.

A set of advice videos tell the stories of people living with arthritis who have undergone surgery and their top tips and advice for keeping active.

## Why this is being done?

For people with Osteoarthritis, joint replacement surgery is one of the most effective treatments to ease pain, improve mobility and restore independence. Waiting times for this surgery have been growing for a number of years, but the COVID-19 pandemic accelerated this trend with a significant increase in the number of people with arthritis now waiting a year or more for joint replacement surgery. As of October 2022, 794,135 people are waiting for trauma and orthopaedic treatment, 43% of whom were waiting longer than 18 weeks, as well as 7% who were waiting longer than one year.

Due to these pressures, in 2021 Versus Arthritis launched our Impossible to Ignore campaign, calling for urgent action to bring down joint replacement surgery waiting times. In England, the Elective Recovery Plan outlined actions to reduce the waiting list for elective surgery, as well as targets to ensure this happens quickly. While we welcome this plan, we also recognise that it will continue to take time for people to receive the surgery they need. It is essential that people are helped to wait free from pain while the Elective Recovery Plan is implemented.

## Population Health Management and Personalised Care

Encouraging and supporting your patients to be regularly physically active can bring many benefits to their physical and mental wellbeing. Physical activity can reduce pain and other symptoms of arthritis, as well as reducing the risk of developing other health conditions such as heart disease, type 2 diabetes, stroke and some cancers. Physical activity can also increase sleep quality, mood, self-esteem and energy levels and reduce the risk of clinical depression, stress and dementia, fractures and osteoarthritis.

### Who will be responsible for implementing it?

We would like any healthcare professionals such as GP's, Physiotherapists and Consultants supporting patients awaiting hip, knee or shoulder joint replacement surgery to signpost them to the Let's Move for Surgery resources and encourage them to stay active while they are waiting for surgery. This will help improve their strength and fitness and aid in a successful operation and a speedy recovery.

### How to identify patients to send this to

The Surgery Toolkit is designed for people with arthritis awaiting hip, knee or shoulder joint replacement surgery and recovering from surgery. We encourage anyone with arthritis to try these videos and our other [physical activity resources](#), as being physically active can help manage pain by improving range of joint movement, strength and mobility.

### Resources you will need in place

It would be useful to have an awareness of what is included in the Surgery Toolkit so you can appropriately advise patients of what it involves and its potential benefits. The videos and supporting documents can be accessed through the Versus Arthritis [website](#) and [You Tube channel](#).

You will need to have the ability to send the Let's Move for Surgery webpage link to your patients by text or email. ([www.versusarthritis.org/surgery-toolkit](http://www.versusarthritis.org/surgery-toolkit))

Some people may be reluctant to undertake exercise, fearing that it may make their condition worse and increase their pain. The [Moving Medicine](#) website contains lots of useful information about the benefits of physical activity for different health conditions, and tips for talking to your patients about safely undertaking exercise.

### Get in touch

If you have any questions or feedback please email: [letsmove@versusarthritis.org](mailto:letsmove@versusarthritis.org)