



ARTHRITIS
TALKS

Waiting for joint surgery: What you can do now

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Presenters



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Webinar tips

- Use the Q&A section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the Chat box to connect with other participants and Arthritis Society's Canada's chat moderator.
- If you have issues, email arthritistalks@arthritis.ca



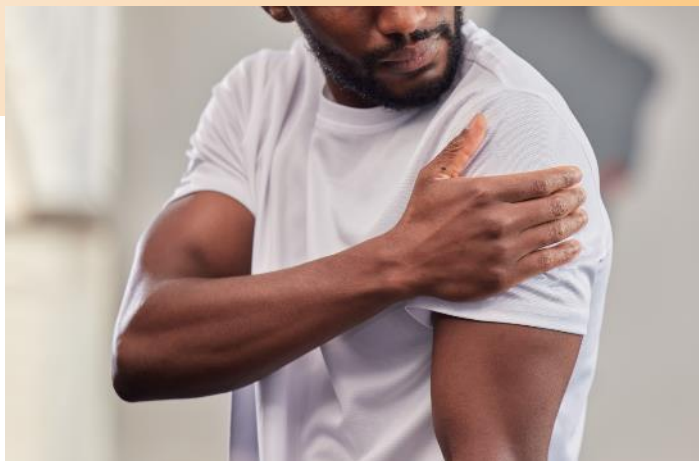
The image shows a screenshot of a webinar interface with several annotations in yellow boxes:

- Top right:** "Click on the x icon to exit out of the Q&A or Chat" with an arrow pointing to the close icon in the Q&A window.
- Bottom left:** "Click here to access your audio settings" with an arrow pointing to the "Audio Setting" button in the bottom toolbar.
- Bottom right:** "Click here to chat or to submit a question" with an arrow pointing to the "Q&A" and "Chat" buttons in the bottom toolbar.

The central video area displays the "Arthritis SOCIETY CANADA" logo. A floating window titled "Q&A" is open, showing a "Welcome to Q&A" message and stating: "Questions you ask the host and panelists will show up here". The bottom toolbar includes buttons for "Audio Setting", "Show captions", "Q&A", "Chat", and a red "Leave" button.



Surgery preparation



Tips & tricks



Q & A

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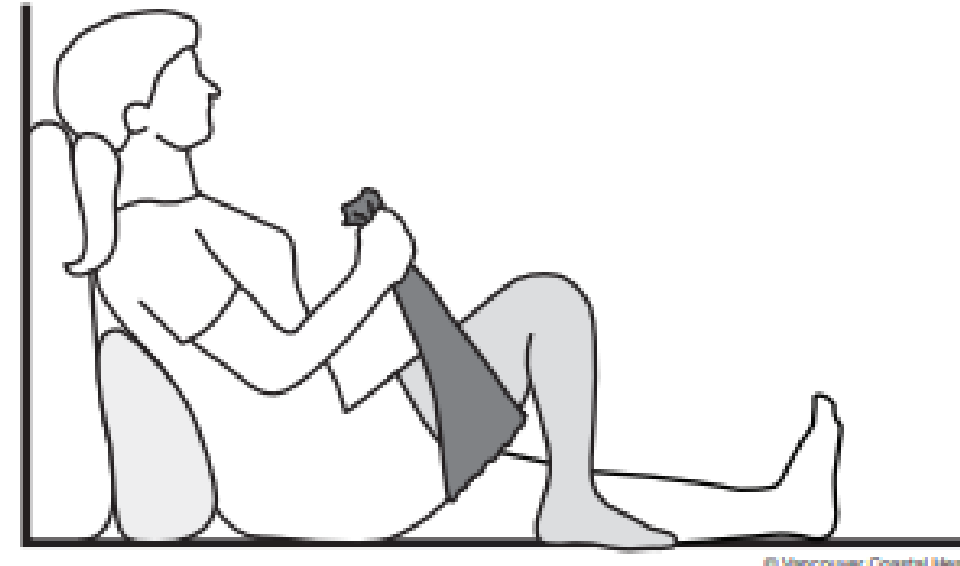
**ARTHRITIS
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Q: As a physiotherapist, what are your top tips for joint surgery preparation?

Move your joints

- **Non-weightbearing exercises**
- **Gentle movement, 5 to 10 repetitions**
 - Bed exercises – heel slides
 - Knee bending/straightening
- **Within pain limitations, as often as possible**



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Move your body – motion is lotion!

Limited mobility:

- Walking with walker, pedaller, upper body exercises
- Reduce sitting time

Moderate aerobic exercise:

- Walking – cane, walking poles
- Pool exercise
- Bike



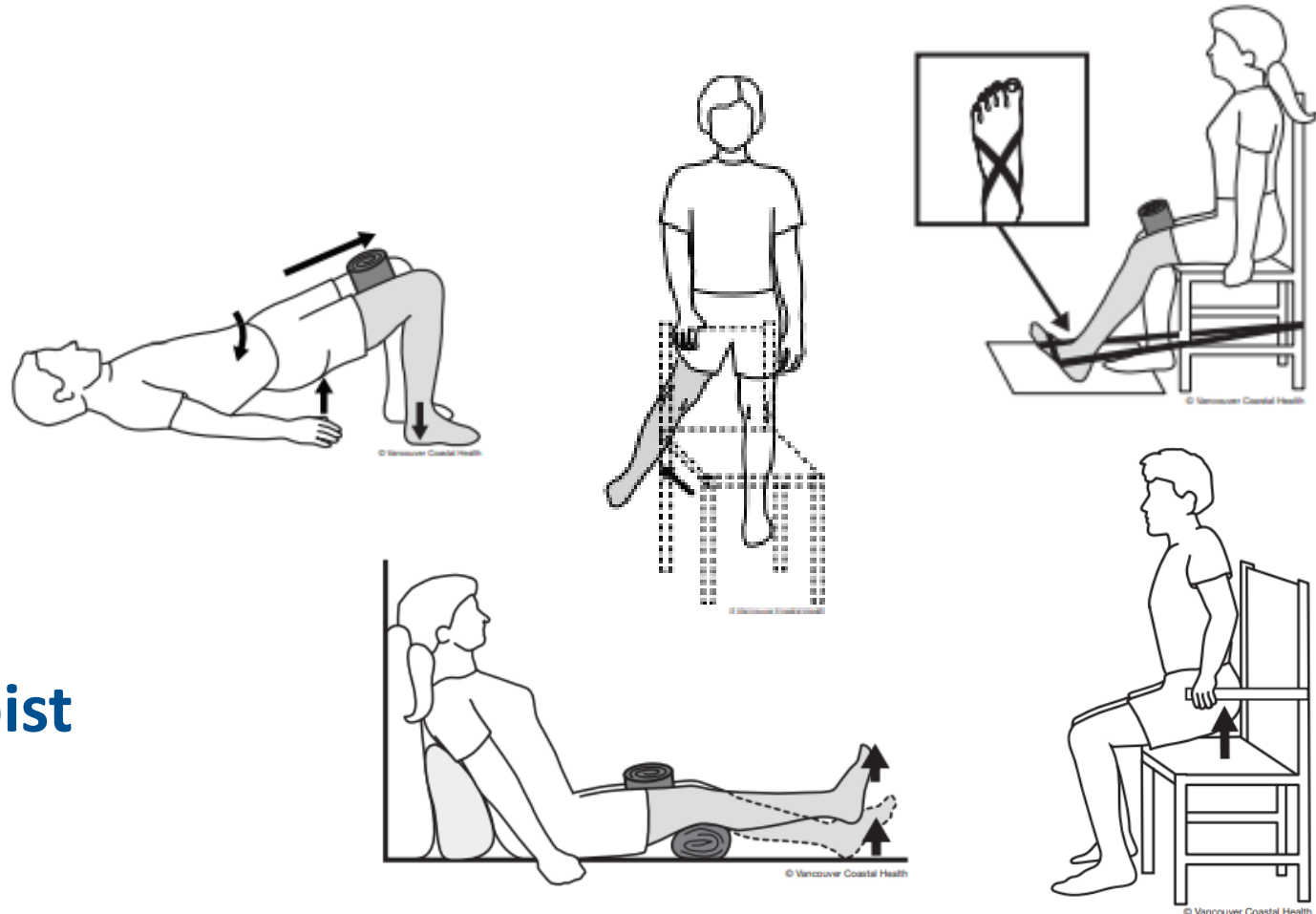
Exercise tips

- Break up activity – 2, 3, or 4 times a day
- Start small, increase gradually
- Warm up - heat, start slowly



Strengthen muscles around the joint

- **Quadriceps, glutes**
- **Arms**
- **Guidelines**
 - 8-15 repetitions
 - Build up to 2 sets
 - Work to fatigue
- **Consult a physiotherapist**



How you move is important

- **Altered movement patterns put stress on your joints and become habits**
- **Functional exercises, e.g. sit to stand**
 - Alignment
 - Control



Practice your balance

- Safe but challenging
- Aim for a 30s hold
- Progress as able



How much is too much?

- Pain during activity can be normal
- More pain does NOT mean more damage to the joint
- Pay attention to moderate-severe pain, or long-lasting pain, and then modify your activities
- Taking pain meds before activity can help you to be more active
- Ice afterwards



Q: From an occupational therapist's perspective, how can people set themselves up for a successful surgery?

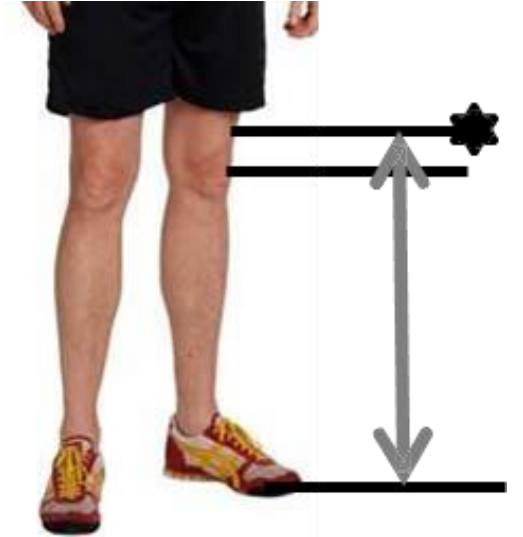
Be prepared for recovery: Set up your home

Many things can be arranged well in advance of surgery date:

- Ensure accessibility throughout your home
- Arrange necessary equipment before surgery
- Line up supports for after surgery
- Plan for meals and groceries



Equipment to help before and after surgery



Equipment for self-care



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Q: How does nutrition play a role in preparing for and recovering from surgery?

Malnutrition can delay healing and recovery

If you have not been eating well, it could delay your recovery and wound healing.

If you have lost weight without wanting to within the last 6 months, please identify the reasons why.

Have you lost 10% of your body weight?

Get a referral to see a Registered Dietitian

How a registered dietitian can help you



Assess reasons for the unintended weight loss



Identify nutritional inadequacies



Make suggestions and a plan to help you improve your nutrition, taking into consideration who cooks, your preferences, your finances and making it work for you.

www.canada.ca/FoodGuide

- Does your eating resemble the new Healthy Plate?
- For how many meals of your day?
- For how many days of the week?



What to pay attention to:

- **Protein** – needs increase for healing
- **Calories** – increase to allow protein to work
- **Vitamins and minerals** - Vitamin C, B, and D, Zinc, Magnesium, Iron, and calcium are involved in healing (consider taking a multivitamin/mineral supplement)
- **Omega 3 fats** – healthy fats help reduce inflammation
- **Fibre** – helps counter constipation caused by pain medication
- **Fluids** – essential for healing, fibre function, circulation, infection prevention, and maintaining energy

Protein requirements

**0.8 – 1.0 grams protein
/kilogram of body weight**

**For healthy aging perhaps we
should look at 1.0-1.2 grams/
kg body weight**

**For surgery, 1.2-2.0 g/kg body
weight**

Protein

Many foods are rich in protein:

- Meat, fish, poultry
- Milk, soy milk, pea protein milk, yogurts, cottage cheese
- Beans, peas, lentils
- Nuts, seeds, nut butters, seed butters

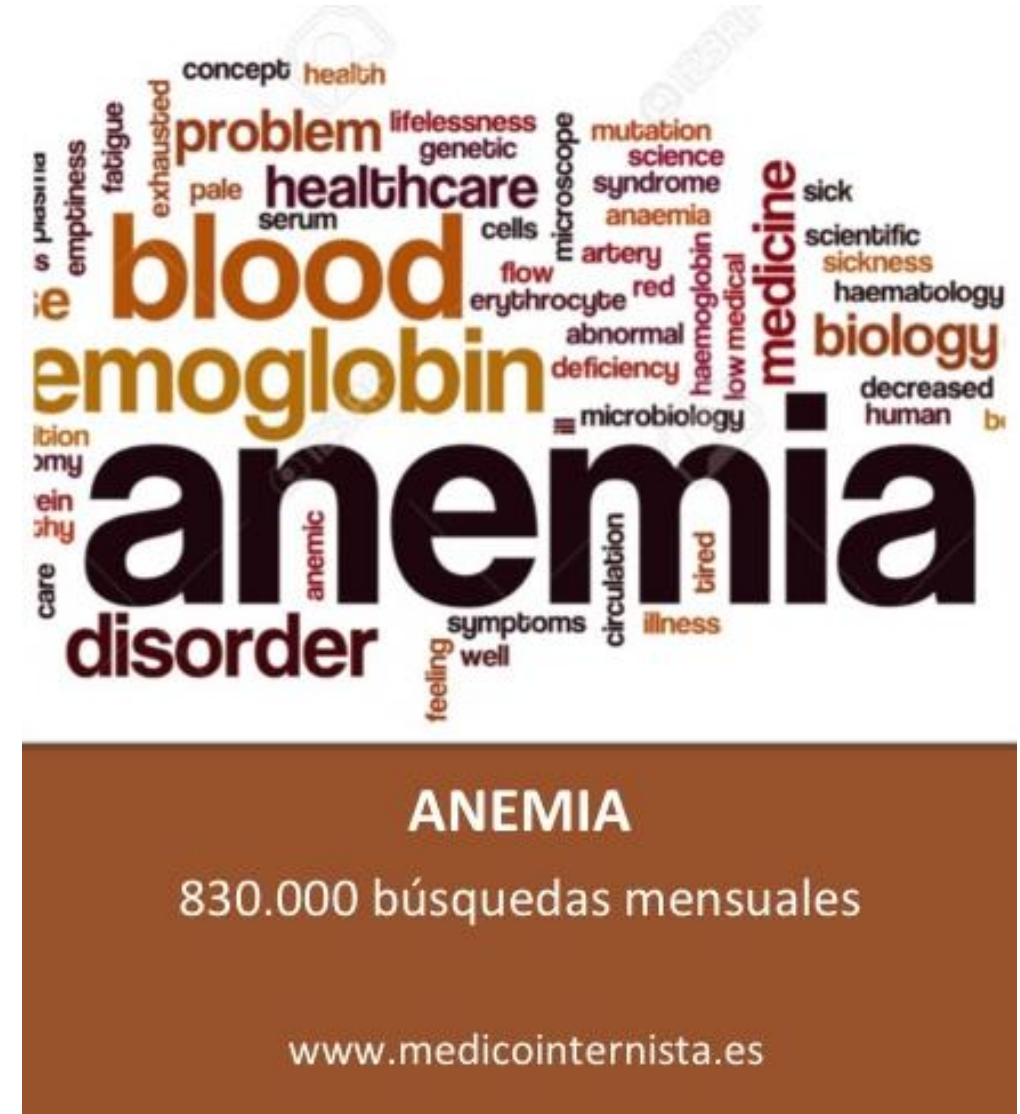


Protein in foods

| Food | Amount | Grams of Protein |
|--|-------------------------|------------------|
| Meat/Fish/Poultry | 75 grams (2 ½-3 ounces) | 18-27 grams |
| Eggs | 2 large | 12 grams |
| Milk (cow/soy/pea protein) | 250ml (1 cup) | 8 grams |
| High Protein milk | 250ml (1cup) | 15-18 grams |
| Almond milk or Rice Milk | 250ml (1 cup) | 1 gram |
| Plain Yogurt (unsweetened) | 175ml (3/4 cup) | 11 grams |
| Plain Greek yogurt | 175ml (3/4 cup) | 15-20 grams |
| Cottage cheese | 125 ml (1/2 cup) | 13 grams |
| Chia seeds | 60 ml (1/4 cup) | 10 grams |
| Pumpkin seeds | 60 ml (1/4cup) | 17 grams |
| Nut butter | 30ml (2 tbsp) | 8 grams |
| Ensure Protein Max or Boost Protein Plus | 330 ml | 27-30grams |

Check for anemia

- Check your iron, hemoglobin, folate and B12 levels well before surgery
- Having any form of anemia can be treated with diet and supplements as needed
- Low levels can delay healing



Vitamin C

- Vitamin C is essential for collagen formation, wound healing, iron absorption and maintaining a healthy immune system.
- Taking extra vitamin C before surgery has been shown to reduce infection risk and support faster healing.
- Good sources include: oranges, grapefruit kiwi, tomatoes, broccoli, and bell peppers.
- Consider taking 500-1,000 mg daily prior to surgery
- Do not take more than 1 gram (1,000 mg) of Vitamin C daily

Healthy fats

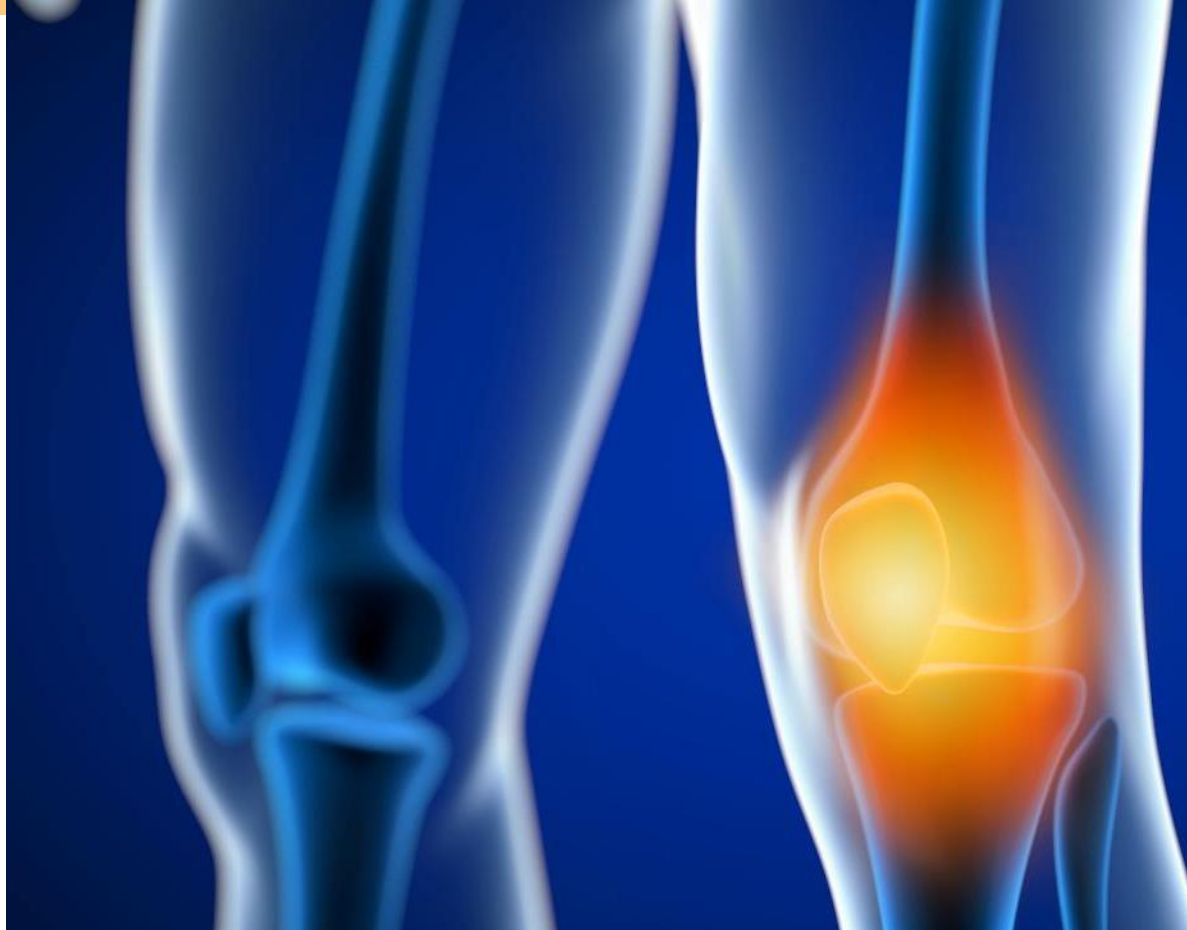
- Fatty fish are the best source of omega 3s
- If you do not eat fish, consider an omega 3 supplement (wild salmon oil, mackerel, or krill are good choices)
- Short chain omega 3 fatty acids are found in: chia seeds, hemp seeds, ground flaxseed, flaxseed oil, pumpkin seeds, algae, walnuts, omega 3 eggs
- Other healthy fat sources include: olives and olive oils, avocado and avocado oils, nuts, nuts oils, algae oil

Constipation

- Aim for 25-35 grams of fibre daily (read nutrition labels)
- Spread fibre intake throughout the day
- Good sources include:
 - High fibre grains, cereals, breads
 - Beans, peas, lentils
 - Fruits and vegetables
 - Nuts and seeds
- Drink plenty of fluids throughout the day (aim for at least 2L or 8 cups).
 - Some people find warm fluids more effective

Stock your freezer

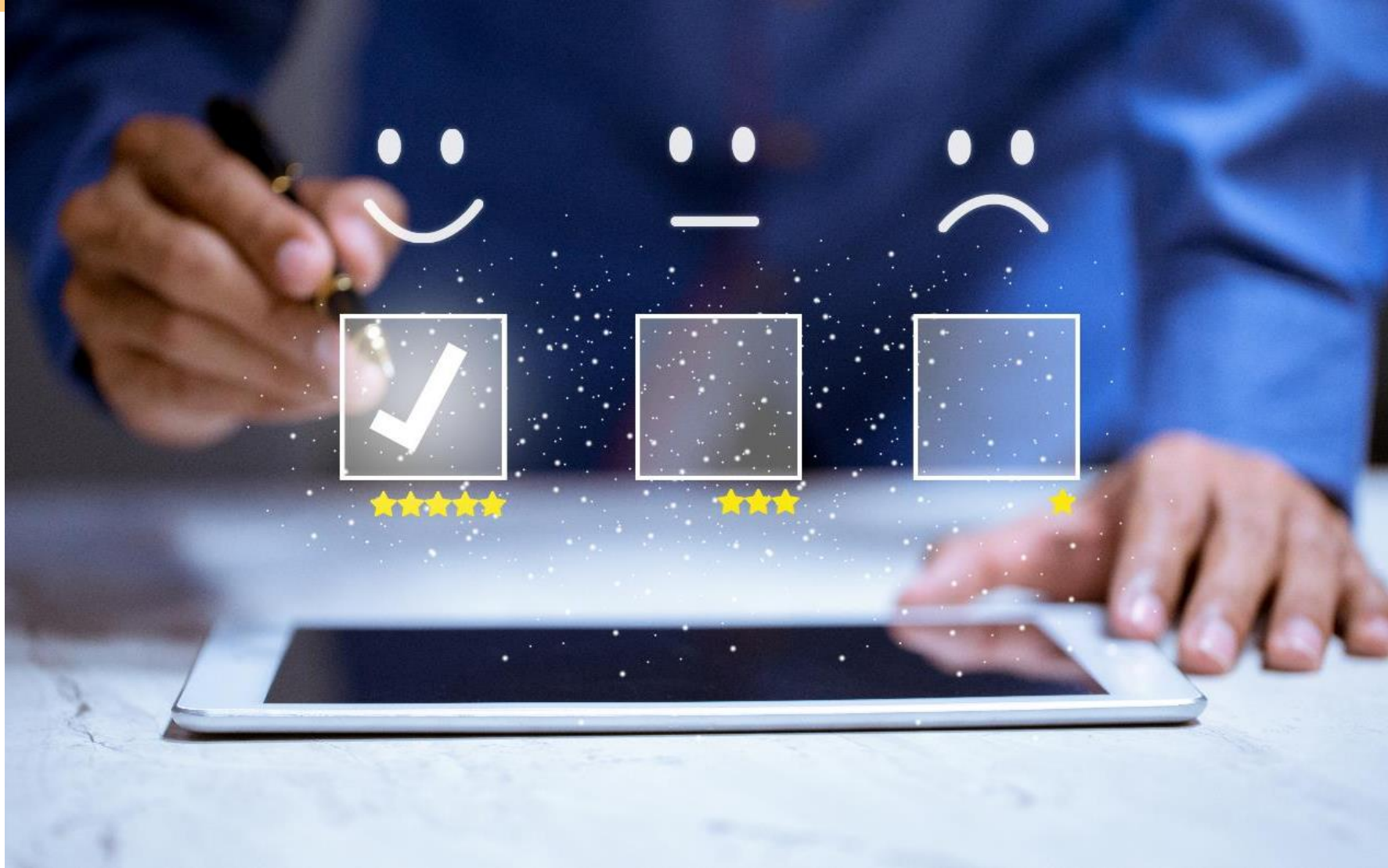
- Prepare meals ahead of time and freeze enough for 3-4 weeks
- Soups, stews, casseroles, rice, quinoa, barley, and roasted vegetables freeze well
- Stock up on pantry staples like canned fish, beans, lentils, oatmeal, pasta and nut butters
- Keep meal replacement drinks on hand in case your appetite is low
- Arrange for grocery or meal delivery in advance
- Ask friends and family for help if needed



Q: What excites you about the future for those diagnosed with arthritis today?



Questions



Tell us what you think...

How you can help

- Donations power critical research and programs like **Arthritis Talks**
- You can make a difference by donating today at **arthritis.ca/donate**

