

# JOYNT

Judson • Orthollinois • YMCA • Navigating • Transformation

## A weight loss program for adults

If your orthopedic surgeon has shared that to be eligible for joint replacement surgery you need to achieve a weight loss goal, then JOYNT could be the program for you! JOYNT is a comprehensive, weight loss program designed for patients with osteoarthritis in their hip or knee ineligible for surgical treatment. This innovative program offers a combination of exercise, diet and social support to help guide patients on their weight loss journey.

**This 12 week program** *(dependent upon weight loss goal completion)* consists of:

- **Water Aerobics twice weekly to help with strength, weight loss and mobility. Patients are encouraged to utilize the YMCA beyond these classes at a discounted membership, if desired.**
- **Dietary consultations with a registered dietician, tailored to each patient's health and weight loss needs. Meetings will occur at week one, four, eight and twelve.**
- **Weekly support group meetings. Patients will have the ability to learn coping skills for eating and exercising.**

Upon program completion, patients will follow up with their orthopedic surgeon. If weight loss goals have been met, they may become eligible for their hip or knee replacement. The patient will be instructed to continue with their exercise program and meal plans during the pre-operative period. Once surgery has been completed, the patient will need to wait four to six weeks before resuming JOYNT activities while their incision heals. They will then be encouraged to attend water aerobics again, which should be continued for at least six to nine more months to allow for continued strengthening, weight loss and peer support.

### Patient Criteria

- BMI of 38 or higher.
- Diagnosed with osteoarthritic joint that qualifies for a hip or knee replacement.
- Must be referred to program by a board certified orthopedic surgeon, who recognizes the need for weight loss prior to consideration for surgical intervention.

### Cost

\$180 total or \$60 a month for the 12 week program. Once the 12 week program is complete, the patient is offered an ongoing \$25 monthly YMCA membership.

Contact **Megan Salser** for more information or to schedule your program consultation at **(815) 484-6917**.

