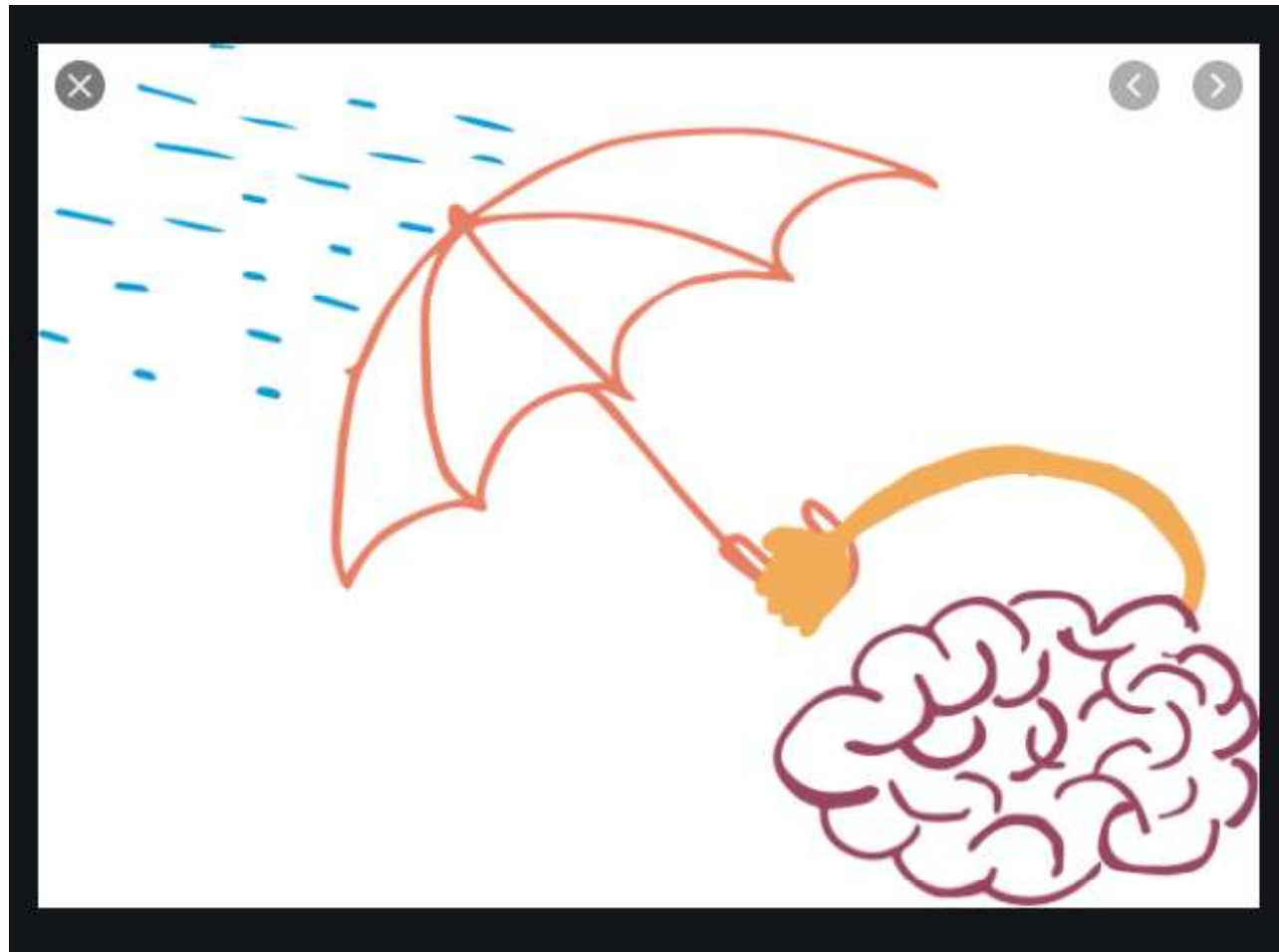


Preoperative Resilience and Optimization Program Slides

Sessions 1-8

Updated: November 13, 2024

Dr. Karen Johnsson & Dr. Sonja Mathes, RebalanceMD

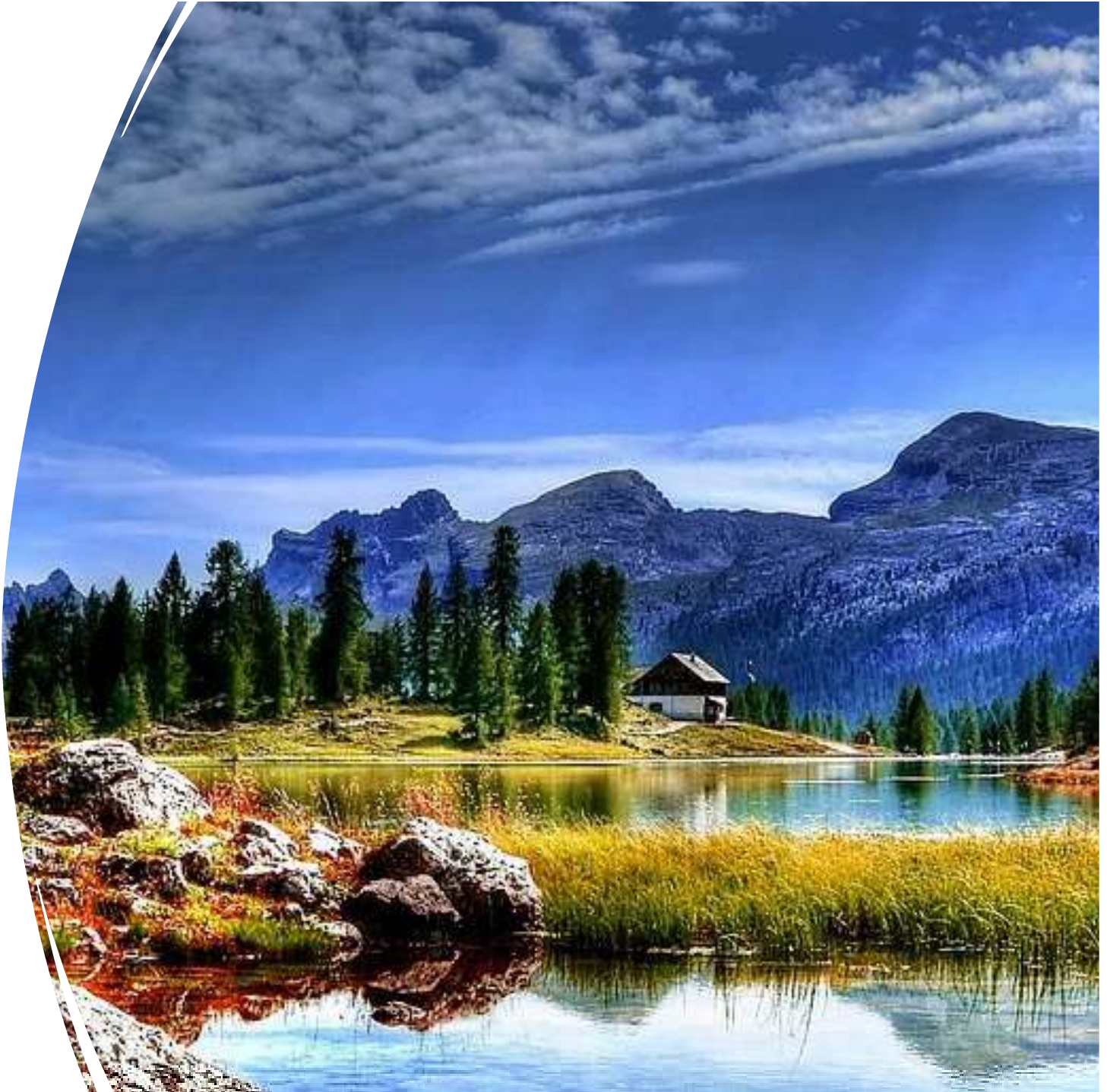


PROP: Presurgical Resilience Optimization Programme

Dr Karen Johnsson & Dr
Sonja Mathes

Introductions

- Who we are?
- Why we believe in this?



Welcome & House Keeping

Confidentiality &
Respectful
Participation

This is medical visit

- Notify Leah
PROP@rebalancemd.com
of unavoidable absences

On Line Group
Medical Visit Consent

- Leah will follow up if you
haven't done it

Safety & Support

Manual & Powerpoint
Slides

- Digital copy emailed

Surgical Waittimes

Chat function

Stretch & Move as
needed



Rebalance^{MD}



Presurgical Resilience Optimization Programme – P.R.O.P Manual

A companion guide to the 8-week
programme.

Session 1: Mindfulness



Resilience is our ability to cope during adversity. We can increase our resilience



A very active, or stressed nervous system has health & immune consequences



Mindfulness Meditation practice can calm the nervous system

What is Resilience?



- The process of adapting well in the face of adversity
- In this case – the adversity is: end stage arthritis
 - pain both pre/post operative
 - waiting for surgery/ uncertainty
 - change in self identity
 - financial hardship
 - threat to social relationships
 - fear

Resilience: adapting well in adversity

Factors that promote resilience

- Supports – social and groups; professional supports, healthcare providers
- Self efficacy – believe there is something that you can do that makes a difference
- Self-awareness – understanding when to draw on your supports
- Skills – practical tools to build self awareness, regulate emotions, calm the nervous system, pain management

Resilience is a teachable/learnable skill

- Evidence to support a combination of CBT/mindfulness as effective to increase resilience
- neuroplasticity

PROP Content Outline

Mindfulness Meditation

Cognitive Behavioural Therapy Skills

Pain, Pain Mindset & Medications

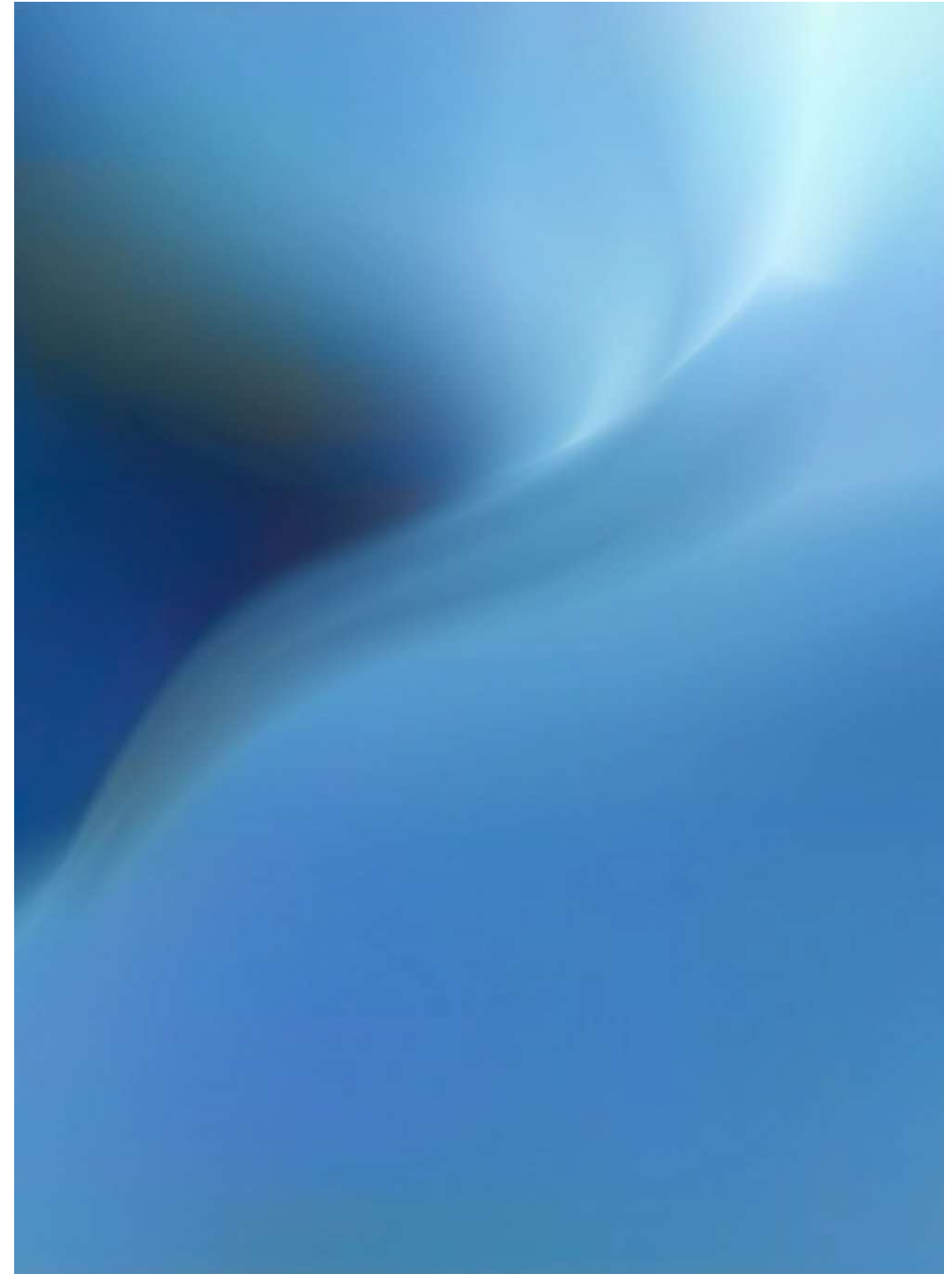
Presurgical Nutrition

Physical Activity: prehab & rehab

Managing Social Interactions

Sleep Optimization

Review & Personal Optimization Plan



MUSIC:

RELAXATION PLAYLIST
ACTIVATION PLAYLIST

CBT SKILLS:

3 MINUTE BREATHING SPACE
TRIANGLES OF EXPERIENCE
RECOGNIZING THOUGHT DISTORTIONS
STOP SPOT SWAP
AVOID AVOIDANCE
SMART GOALS

SLEEP:

OPTIMIZE YOUR INTERNAL ENVIRONMENT
OPTIMIZE YOUR EXTERNAL ENVIRONMENT
SLEEP MEDITATIONS

MEDITATIONS FOR PAIN
PACING

MINDFULNESS AND MINDFULNESS MEDITATION:

ONE BREATH
DIAPHRAGMATIC BREATHING
BODY SCAN MEDITATION
WALKING MEDITATION
GROUNDING BREATH
54321 MEDITATION
PROGRESSIVE MUSCLE RELAXATION
METTA MEDITATION
MOUNTAIN MEDITATION

PAIN:

PAIN MINDSET: KNOWING ABOUT PAIN REDUCES PAIN
DECREASE THE DIMS
INCREASE THE SIMS

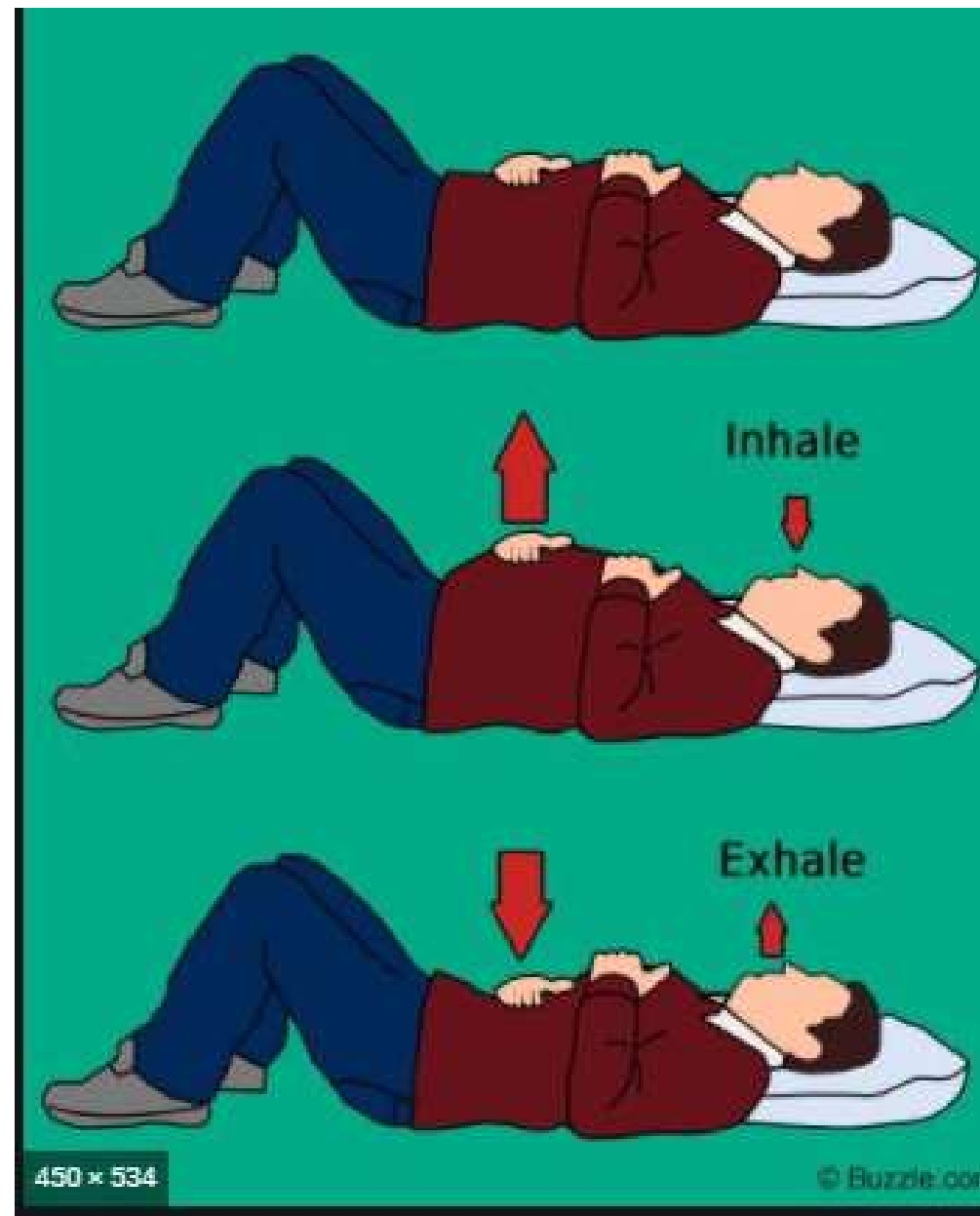
Building a Resilience ToolKit

One Breath

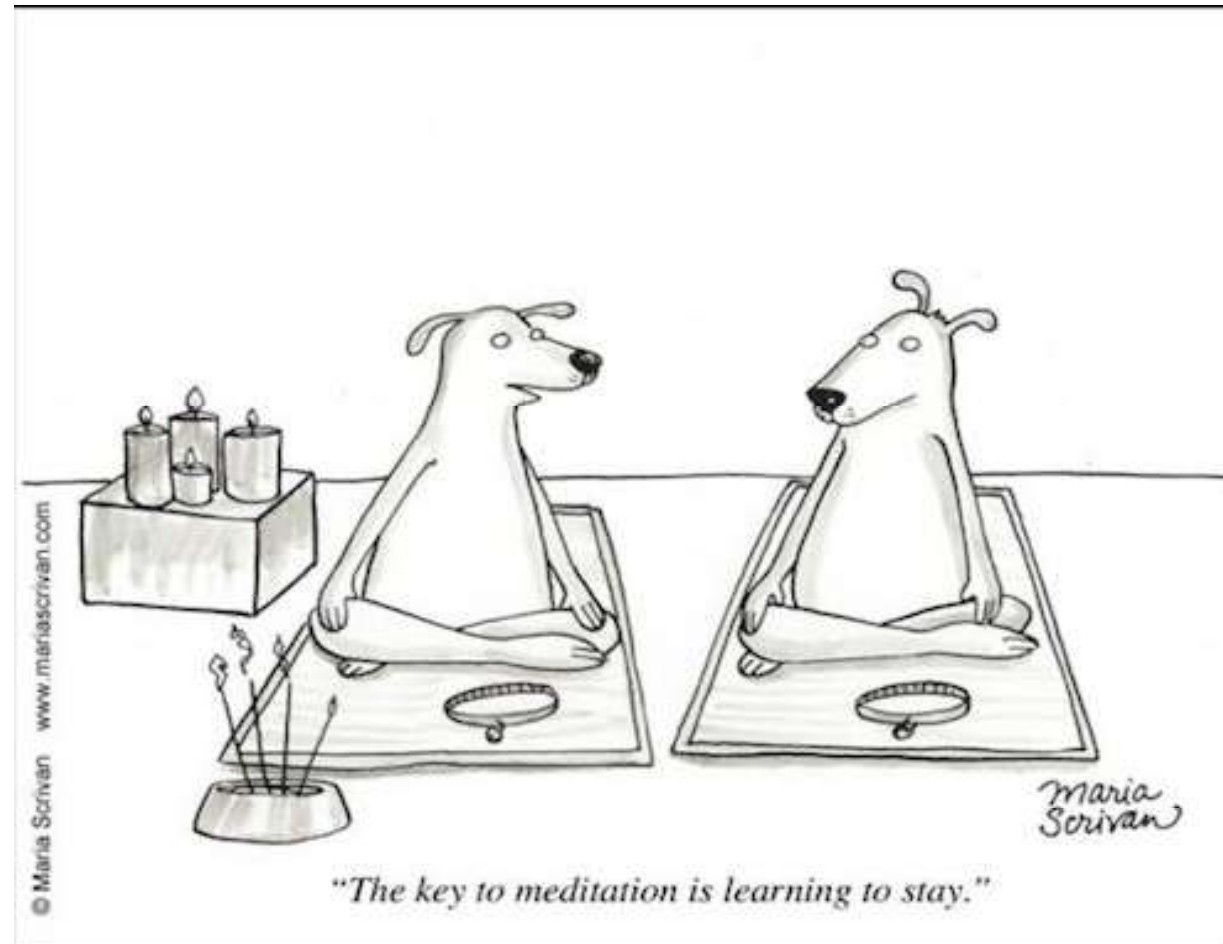


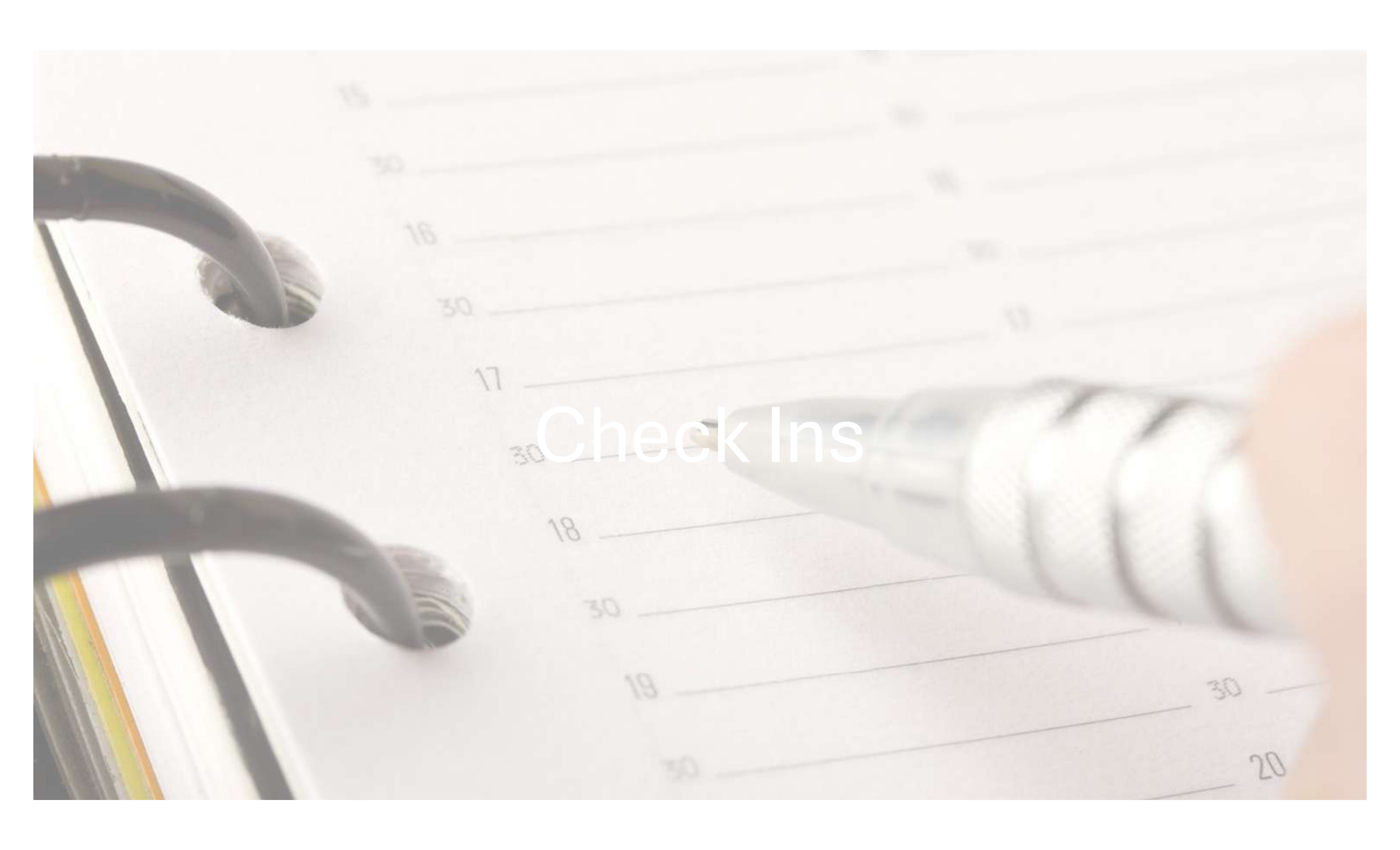
This Photo by Unknown Author is licensed under [CC BY-NC-ND](#)

Diaphragmatic or Belly Breathing



What was your experience of that meditation?



A close-up photograph of a spiral-bound notebook. The notebook is open to a page with horizontal lines. A silver pen with a textured grip is resting on the page. The text "Check Ins" is overlaid in the center of the image in a white, sans-serif font. The background is slightly blurred, showing the spiral binding on the left and the edges of other pages.

Check Ins



KEEP
CALM
BATHROOM BREAK
IN
PROGRESS

600 x 700

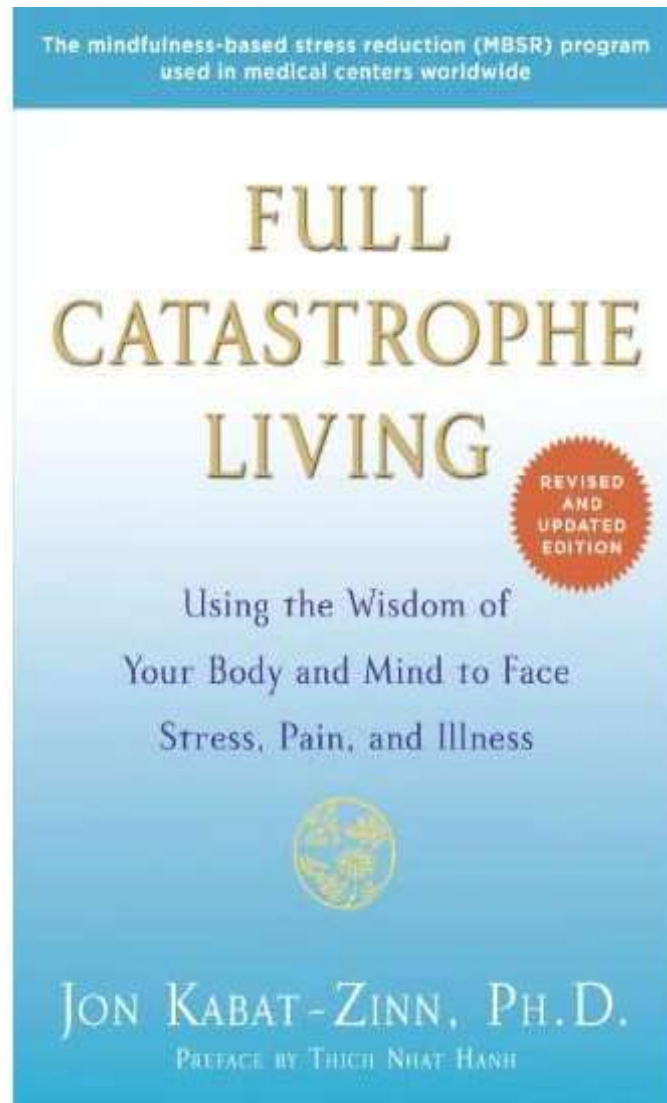
KeepCalmAndPosters.com

What is Mindfulness and Mindfulness Meditation?



- Mindfulness is paying attention, on purpose, in the present moment, without judgment.
- - Jon Kabat-Zinn
- Mindfulness meditation focuses on the breath to promote moment-to-moment awareness to help us to simply BE where we are rather than in the past or the future to promote awareness, calmness and clarity.

Mindfulness Based Stress Reduction



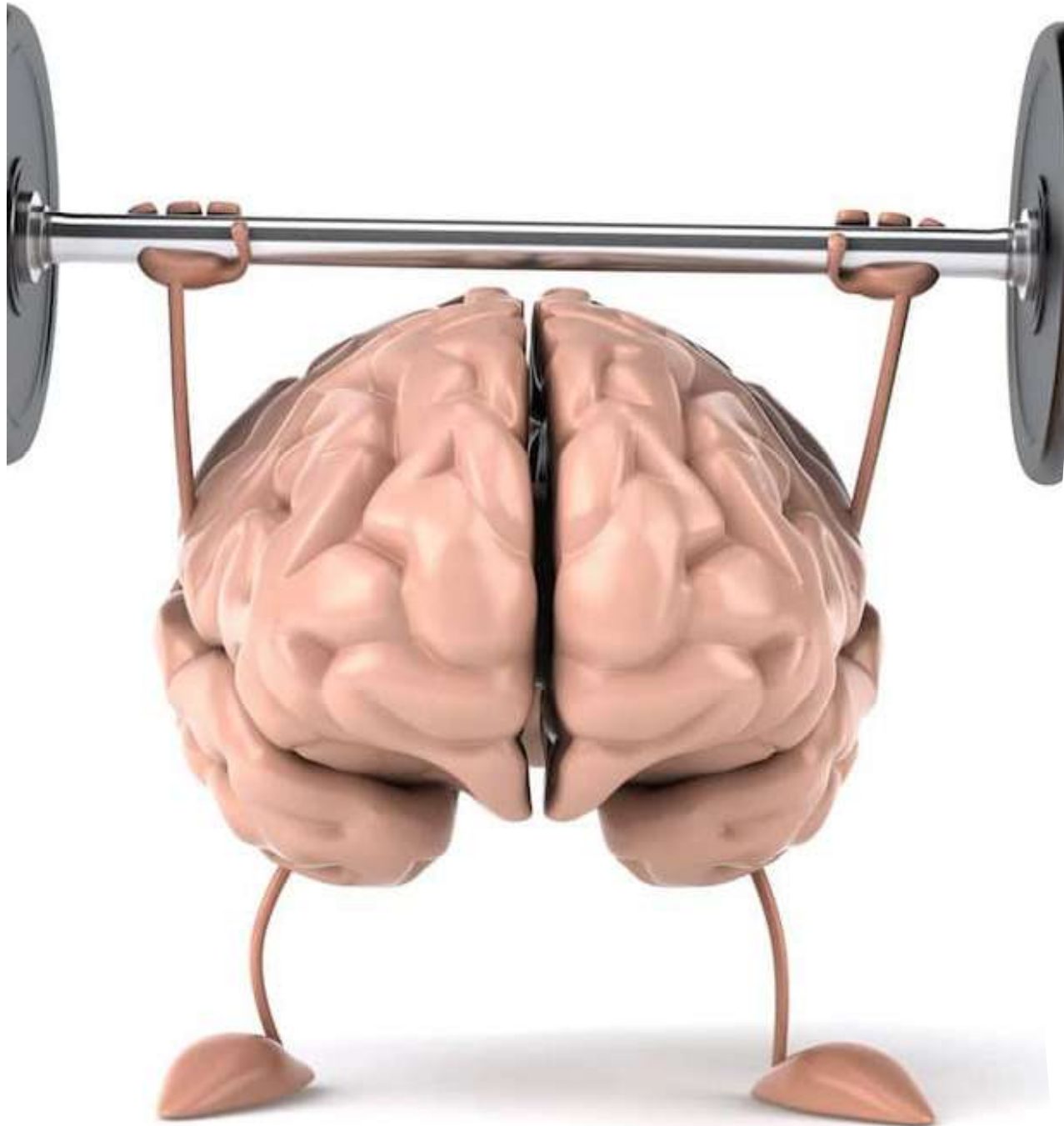
Program developed by Jon Kabat-Zinn

Using the practices of Buddhism without the religion

Initially treated patients that had failed all other treatments– and showed benefit

Most researched mindfulness program

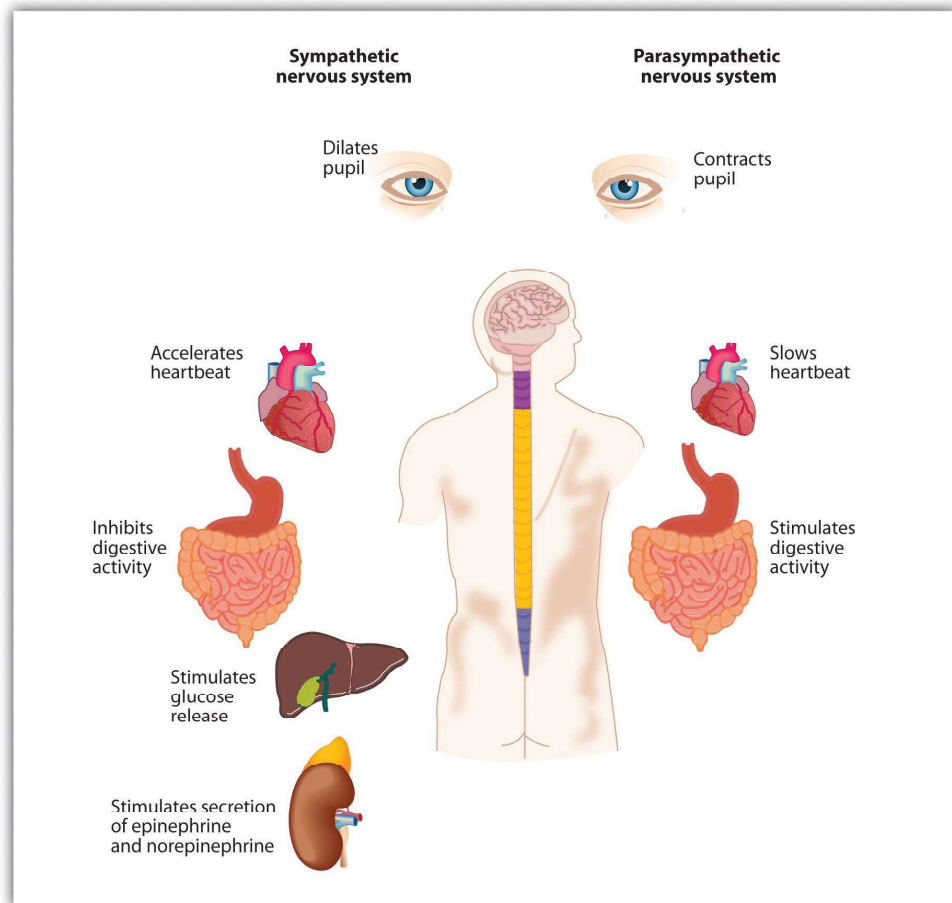
Research documents benefit in a variety of illnesses: chronic pain, anxiety, depression, insomnia, arthritis, heart disease, psoriasis and others



Neuroplasticity/Change your brain

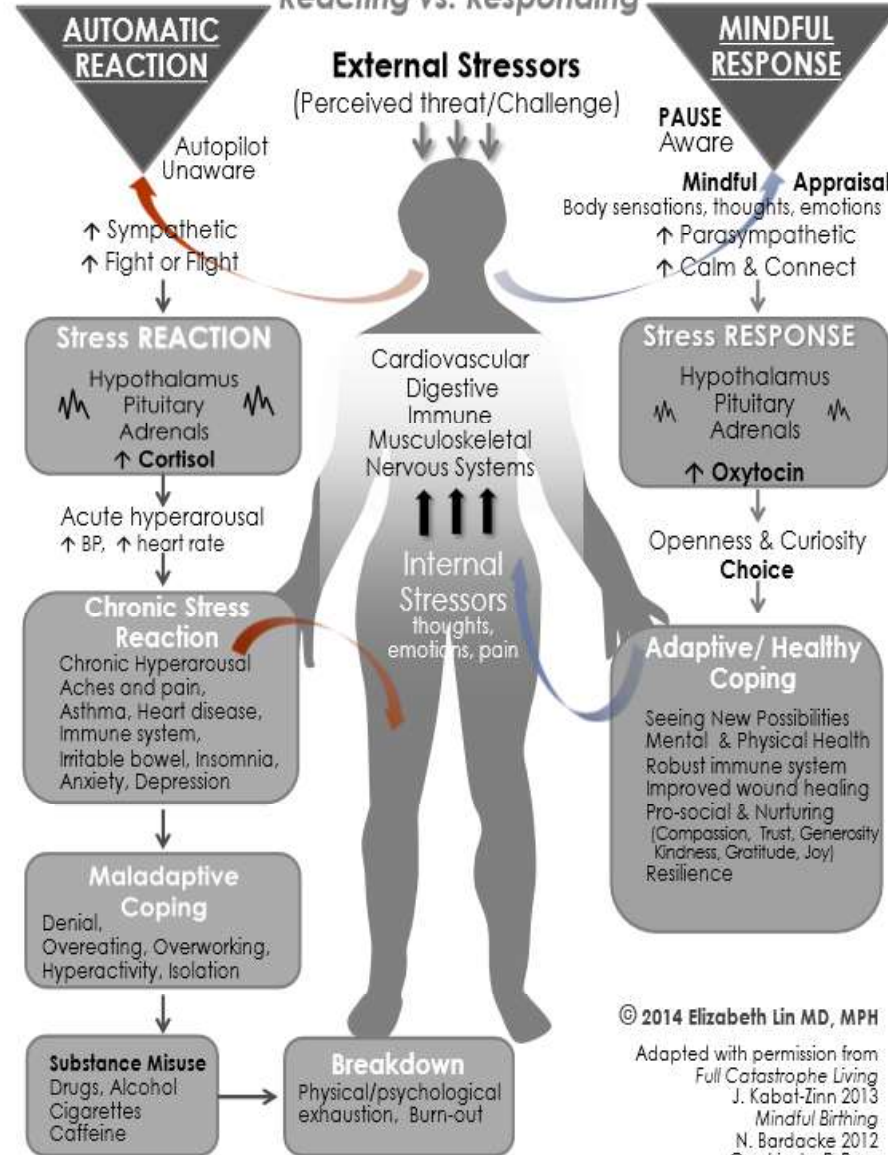
- New brain imaging techniques such as functional MRI show how our brain actually changes shape with mindfulness meditation
- Similar changes have been shown with activities such as juggling
- Dr Sara Lazar TEDxCambridge
- Decrease in areas associated with fear response
- Increase in areas associated with empathy and higher order decisions

Parasympathetic – Rest & Digest vs Sympathetic – Fight or Flight Nervous Systems



COPING WITH CHANGE

Reacting vs. Responding



© 2014 Elizabeth Lin MD, MPH

Adapted with permission from
Full Catastrophe Living
J. Kabat-Zinn 2013
Mindful Birthing
N. Bardacke 2012
Graphics by R. Ryan



Types of Mindfulness Practice

- Mindfulness in everyday life
- Mindfulness meditation
- Consider:
 - Beginner's mind
 - Regular practice
 - Two wings: awareness and compassion
 - Meditate anyway



Insight Timer



Resources for guided meditation



Session 1: Mindfulness



Resilience is our ability to cope during adversity. We can increase our resilience



A very active, or stressed nervous system has health & immune consequences



Mindfulness Meditation practice can calm the nervous system



Body Scan Meditation



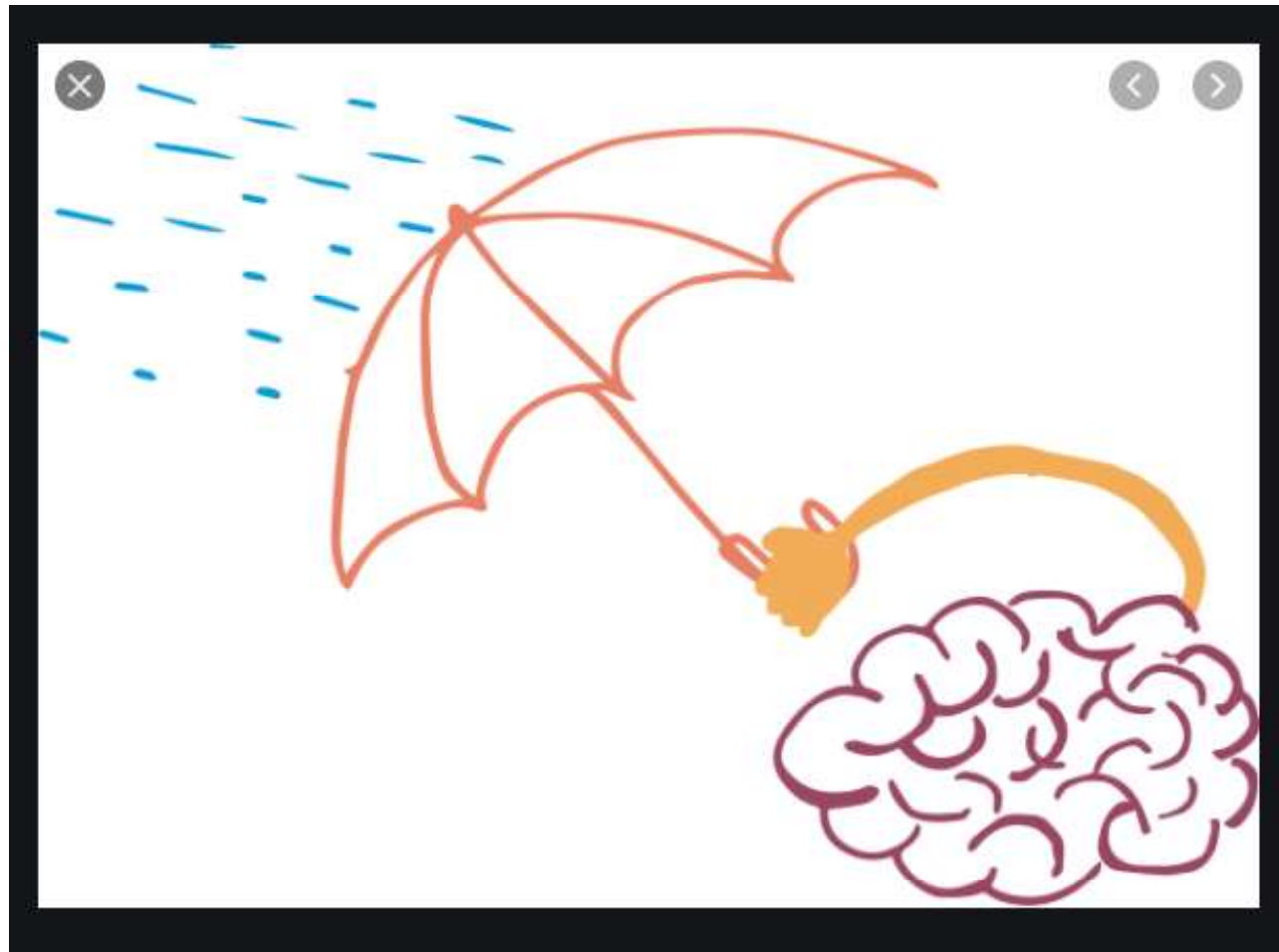
Invitation to Practice

Daily meditation practice 5-10 minutes

Diaphragmatic or Belly Breathing

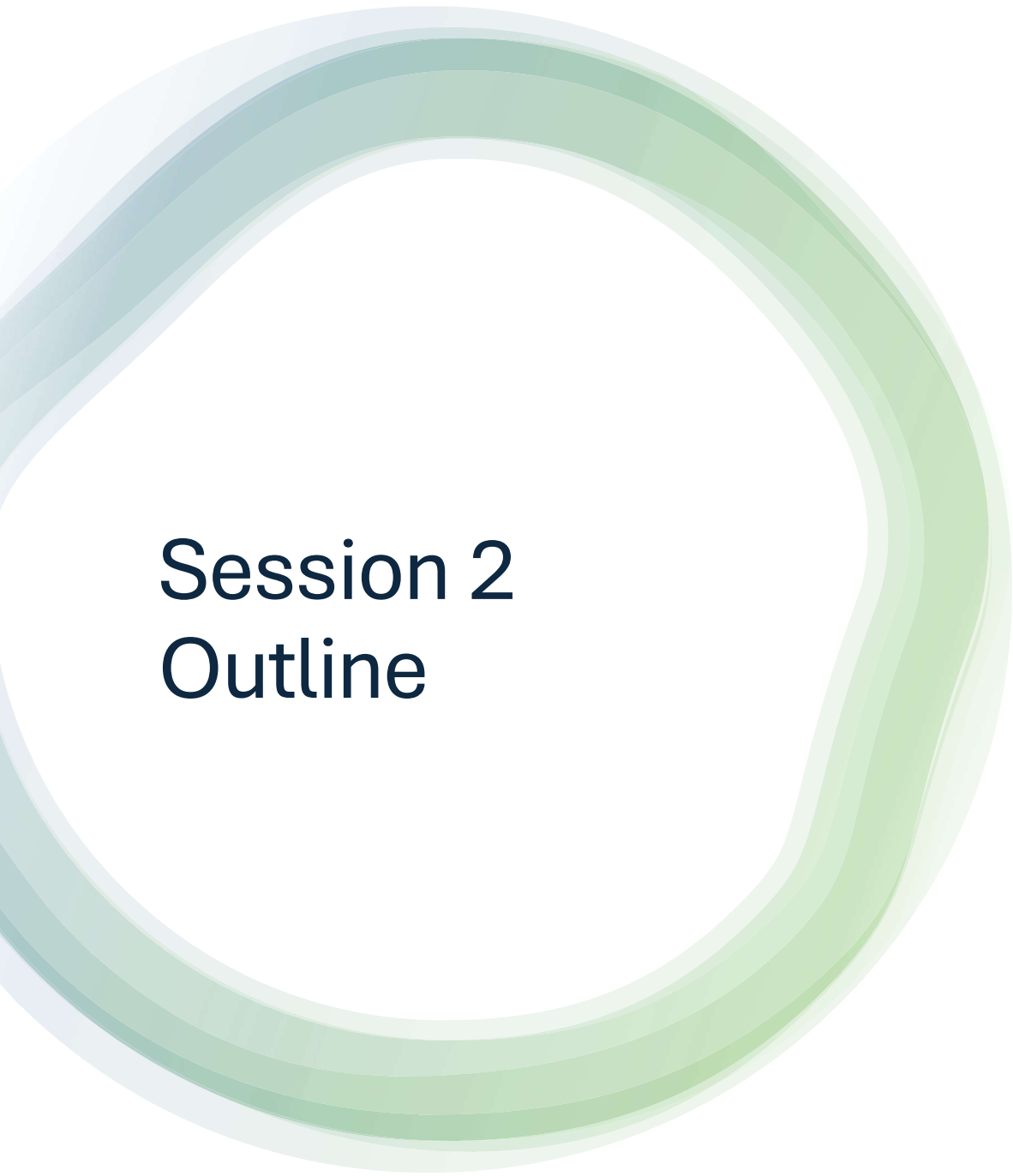
Body Scan

Explore Resources



PROP: Session 2 Cognitive Behavioural Therapy Skills

Dr Karen Johnsson & Dr
Sonja Mathes



Session 2 Outline

- 3 Minute Breathing Space
- Check In
- Introduction to Cognitive Behavioural Therapy
- Metta Meditation

The Three Minute Breathing Space



Take a 3 minute breathing space

1.

Wide focus

2.

Narrow
focus

3.

Wide focus

Be aware of any thoughts, feelings and sensations.

Gather and focus your attention on your breathing, return to it when you wander.

Accept this is how it is right now and choose where to focus your attention as you go on with your day.

(Adapted from Williams et al, 2007)

Check-In

How was your practice this week?

Any Challenges?

Any successes?

Send us a note in the comments if you
wish to privately communicate
something

Session 2: Cognitive Behavioural Therapy



Our thoughts, feelings and actions are strongly interrelated



Our thoughts can be distorted and lead to feelings and actions that don't serve us.

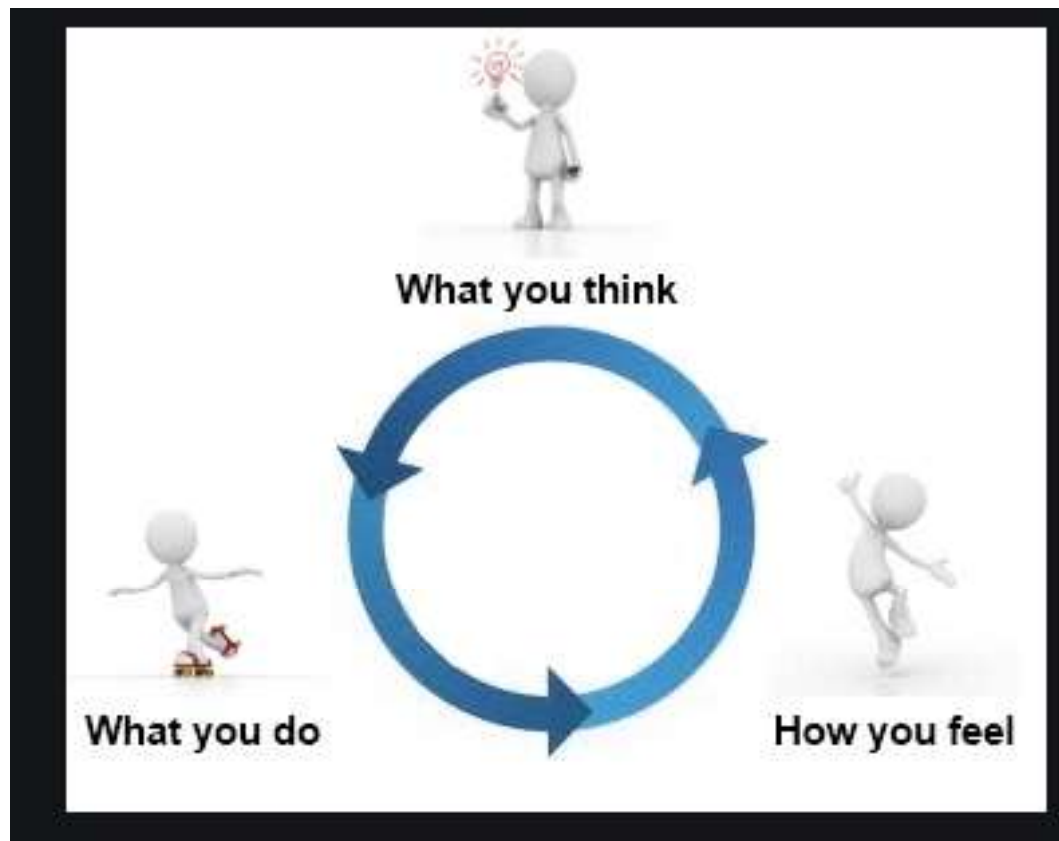


We can identify thought distortions and swap them out with more serving thoughts that can change our feelings and behaviours



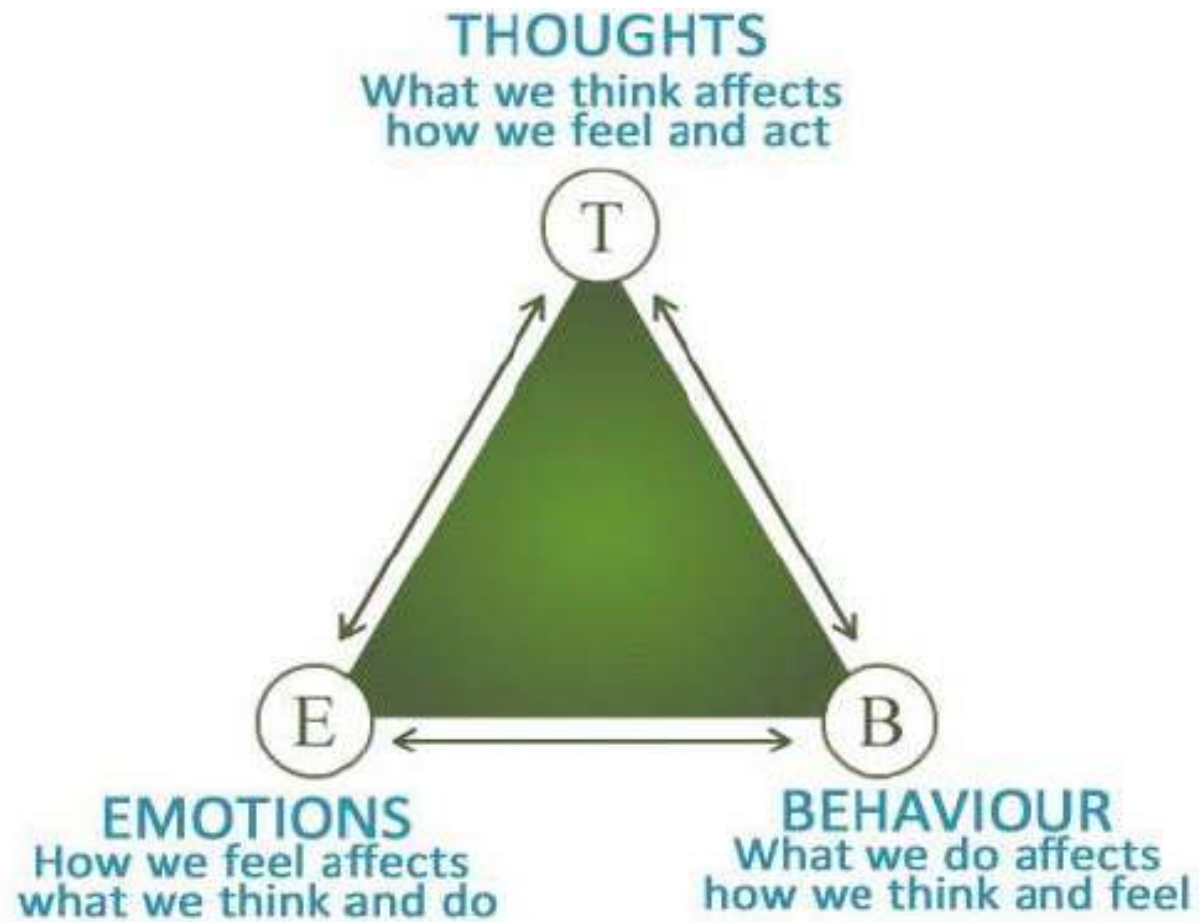
Budhha's second arrow often causes greater pain than the first

Cognitive Behavioural Therapy- CBT



- In CBT, thoughts and behaviours are assessed and reframed, or replaced.
- Although emotion and physical sensation are noted in CBT, it is primarily focused on the thoughts and behaviours we have, challenging them and altering them in productive ways.

CBT: Triangle of Experience

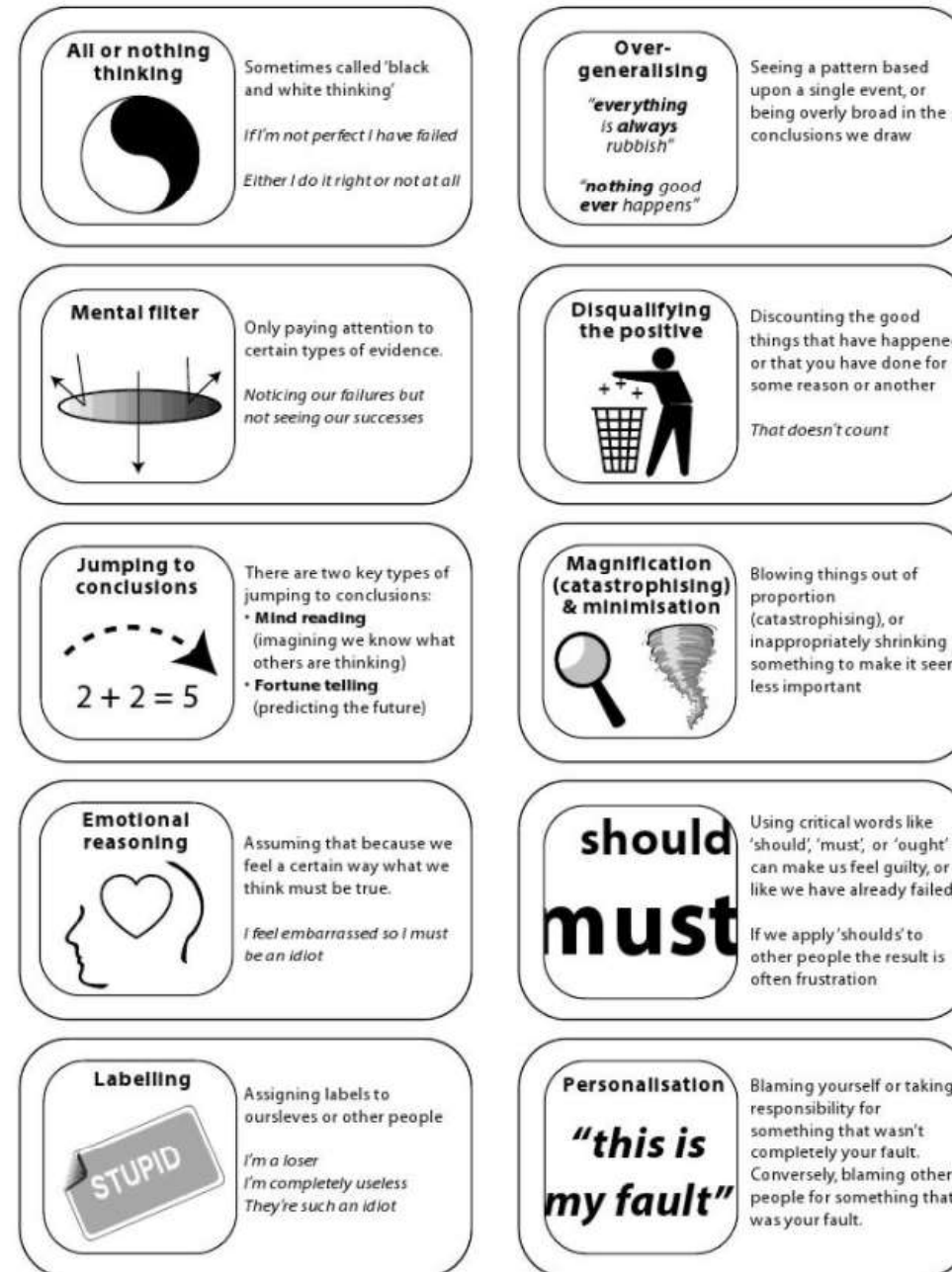




DON'T BELIEVE
EVERYTHING
YOU THINK!

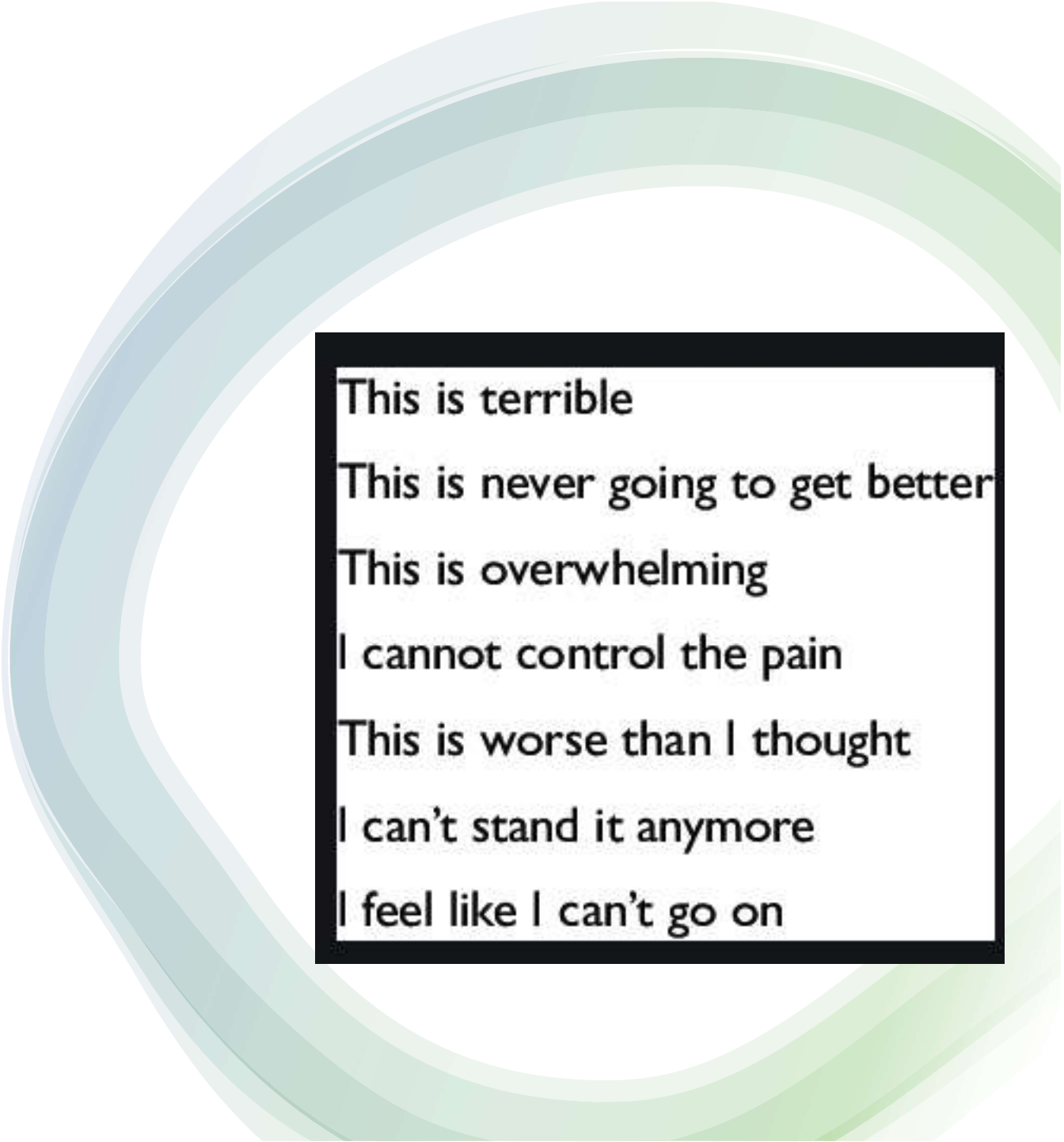
Thought Distortions

- “Walking Down the Street...”



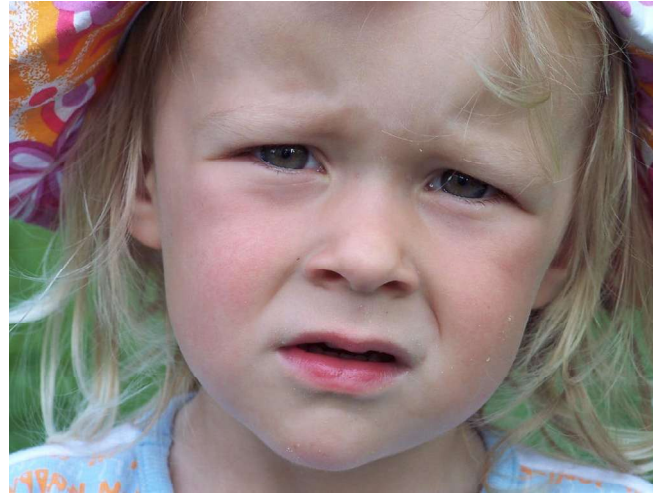
Thought distortion: Catastrophizing

- Thought distortion that imagines the worst case scenario
- Pain Catastrophizing can negatively affect rehab and recovery



This is terrible
This is never going to get better
This is overwhelming
I cannot control the pain
This is worse than I thought
I can't stand it anymore
I feel like I can't go on

Stop: unhelpful
thoughts
Spot: the thought
distortion
Swap: in a thought
that better serves



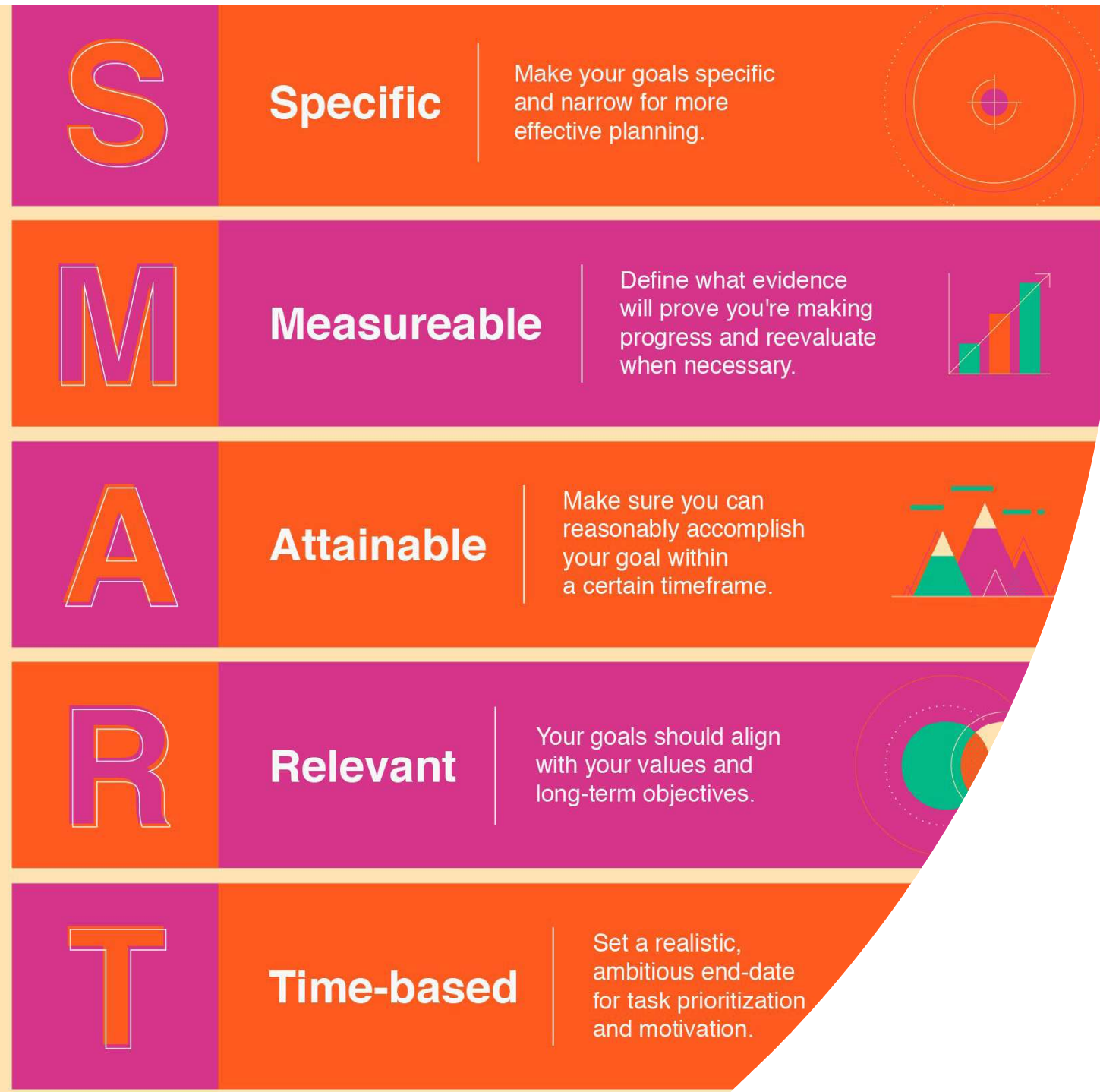
T = Is it True?
H = Is it Helpful?
I = Is it Inspiring?
N = Is it Necessary?
K = Is it Kind?

Between stimulus and
response, there is a space.
In that space is our power
to choose our response. In
our response lies our
growth and our freedom.

Viktor Frankl

Thought
Distortion –
Stop Spot Swap

Date and Time <i>When did the thought occur?</i>		
Situation <i>What was the context? What was happening at the time and prior to the thought?</i>		
SPOT the Automatic Thought <i>Describe the thought. Rate how much you believed it out of 100?</i>		
Emotion <i>What feelings came to you at the time? How intense were they out of 100%?</i>		
Thought Distortion <i>Can you recognize the pattern of thought distortion? E.g. Catastrophizing; filtering?</i>		
SWAP to an Alternative Thought <i>What is a more helpful alternative?</i>		
Outcome <i>Now re-rate how much you believe the original thought and your emotions out of 100%</i>		



Thought Reframing
can lead to
Behaviour Change

SMART Goals



KEEP
CALM
BATHROOM BREAK
IN
PROGRESS

600 x 700

KeepCalmAndPosters.com

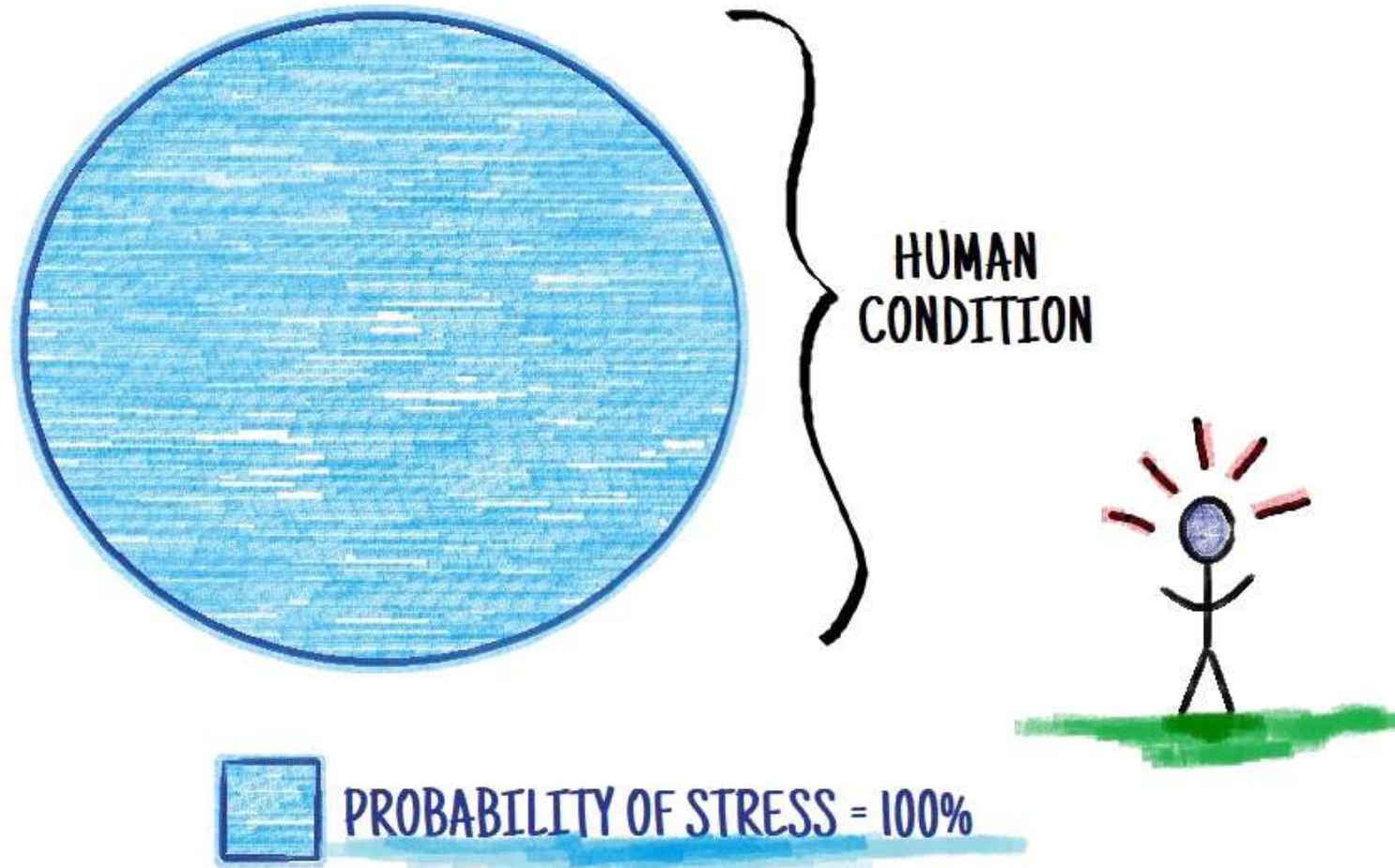
Buddha's Second Arrow & Awakening Self- Compassion



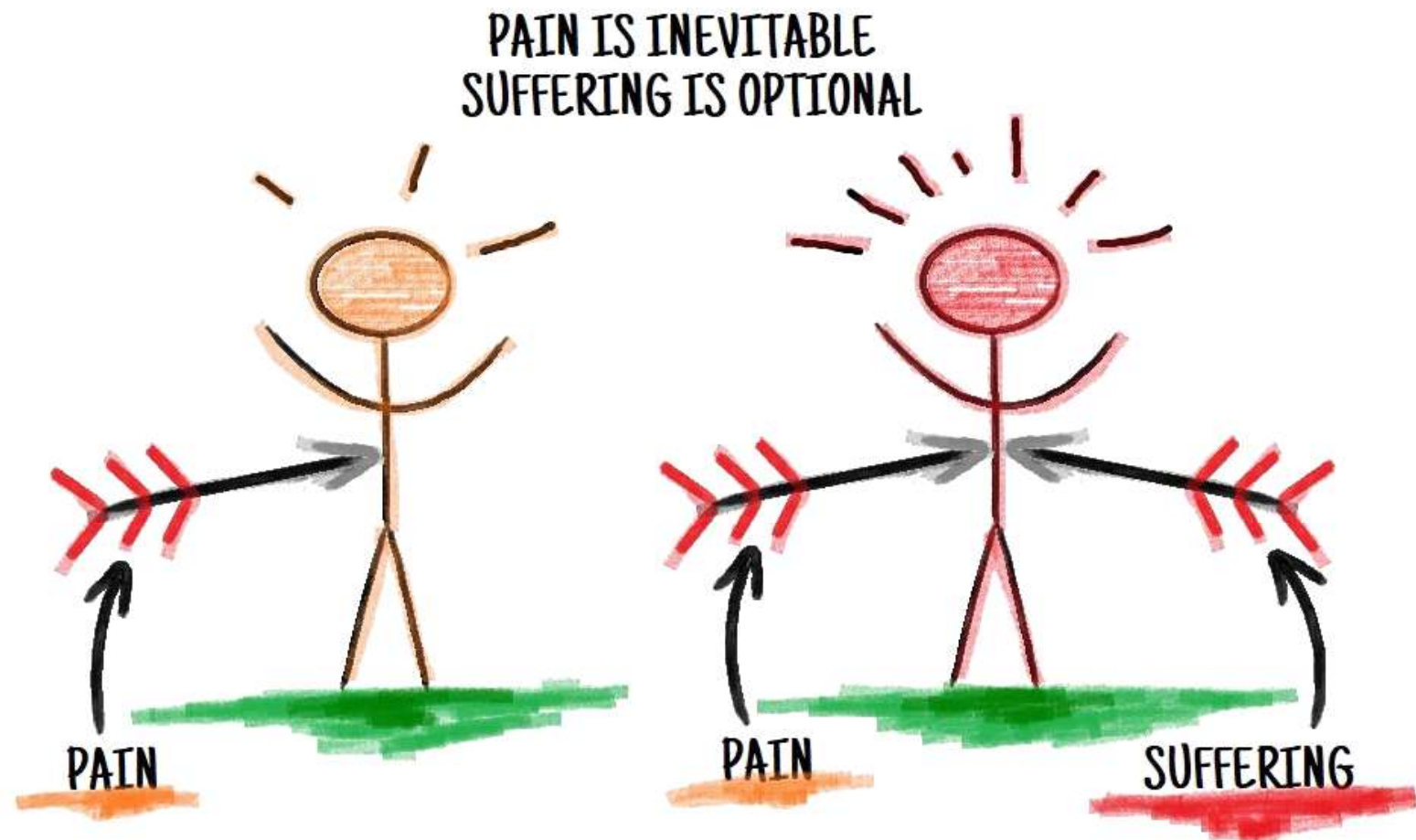
Buddha's Second Arrow

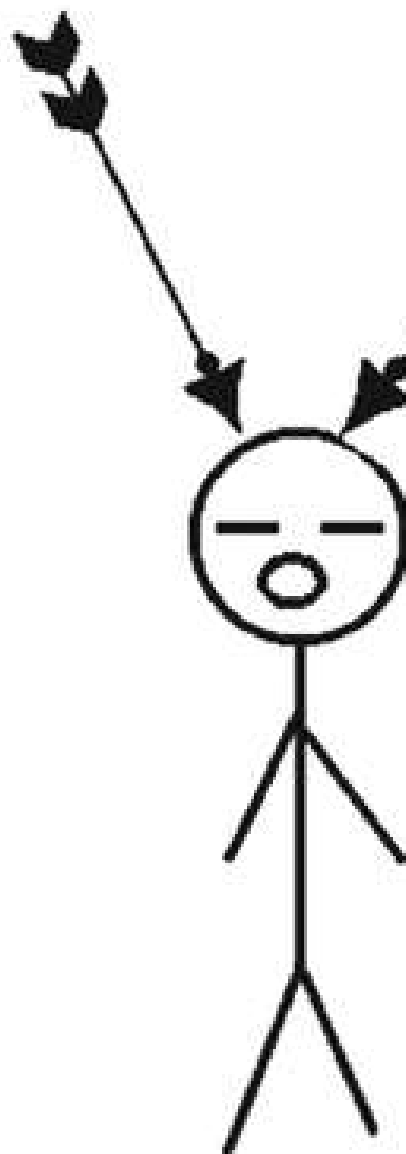
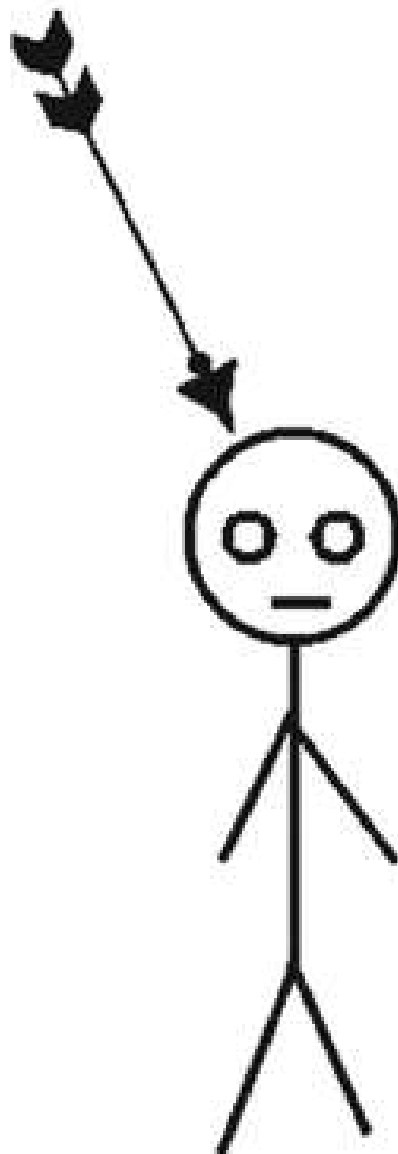
- The Buddha said that suffering is like being shot by two arrows. The first arrow is the physical pain – it's the metal piercing the skin, the force colliding into the body.
- The second arrow is the mental pain, the meaning and emotion we attach to the being struck, the narratives that we spin in our minds about whether we deserved or didn't deserve what happened.
- In many cases, our mental pain is far worse than any physical pain. In most cases, it lasts far longer





Don't shoot
the second
arrow!





Arrows are the worst

I get hit with more arrows
than other people

Between stimulus and
response, there is a space.
In that space is our power
to choose our response. In
our response lies our
growth and our freedom.

Viktor Frankl

Session 2: Cognitive Behavioural Therapy



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Our thoughts can be distorted and lead to feelings and actions that don't serve us.



We can identify thought distortions and swap them out with more serving thoughts that can change our feelings and behaviours



Budhha's second arrow often causes greater pain than the first



Why Do Metta Meditation?

- Increase positive emotions
- To minimize negative emotions towards your self or others
- Can reduce stress and pain
- Increase self compassion
- Increases feelings of social connection
- Increase our ability to care for ourselves with forgiveness of imperfection



Research that backs Loving Kindness Meditation

- <https://www.psychologytoday.com/ca/blog/feeling-it/201409/18-science-backed-reasons-try-loving-kindness-meditation>
- <https://www.youtube.com/watch?v=Uvli7NBUfY4> (Dr Emma Seppala, TEDx talk)
- <https://www.youtube.com/watch?v=auS1HtAz6Bs> (Dr Seppala, Loving Kind Meditation)

Metta or Loving Kindness Meditation





**Invitation to
Practice – Use the
SMART Goals to
plan your practice**

Daily meditation practice 10-15 minutes

3 minute breathing space

Metta Meditation

Thought Distortion Worksheet

Thoughts/Feelings/Actions Journaling

Session 3

Introduction to Pain

Medical Interventions and Self
Directed Pain Management options

Introduction to the Science of Pain

Learning to Recognize and Control
the Factors that can modify the Pain
Experience

Grounding breath meditation

5-4-3-2-1 Meditation

A large, ancient tree with thick, gnarled roots and dense green foliage, serving as a background for the text.

Grounding Meditation

Check-In

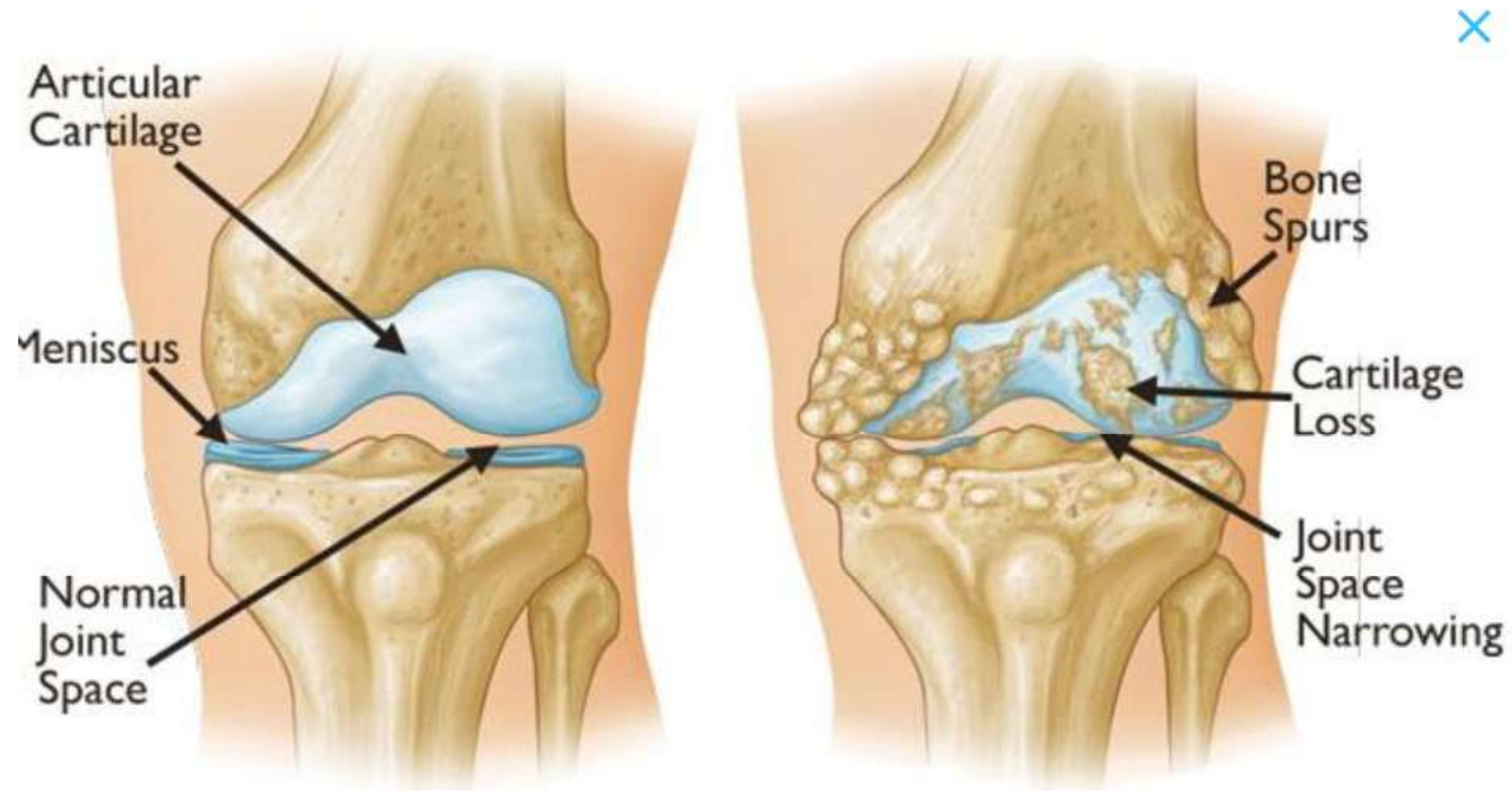
Stop/Spot/Swap & Thought Distortions?
Metta or Loving Kindness Meditations?
What Tools are you using?

Send us a note in the comments if you wish
to privately communicate something

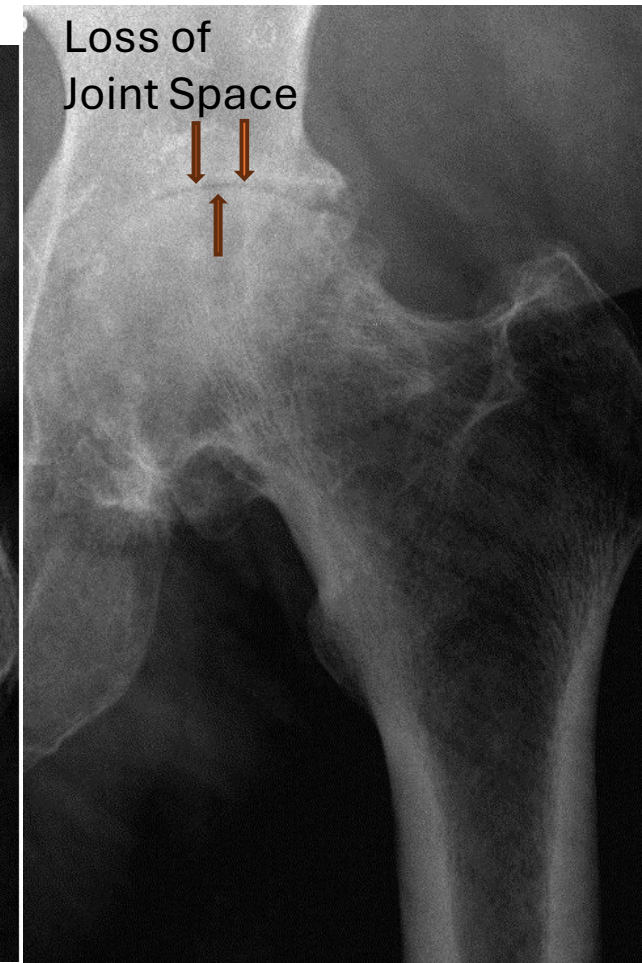
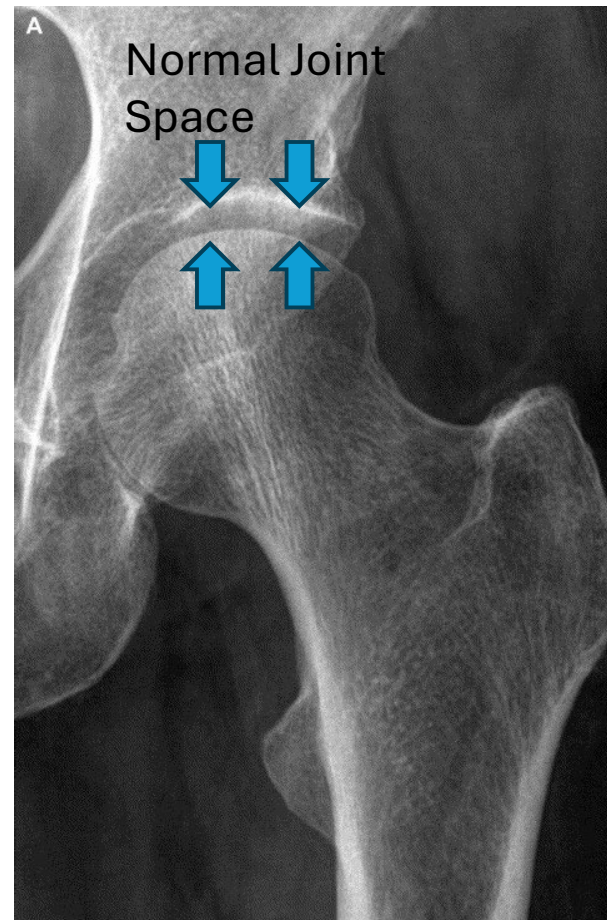
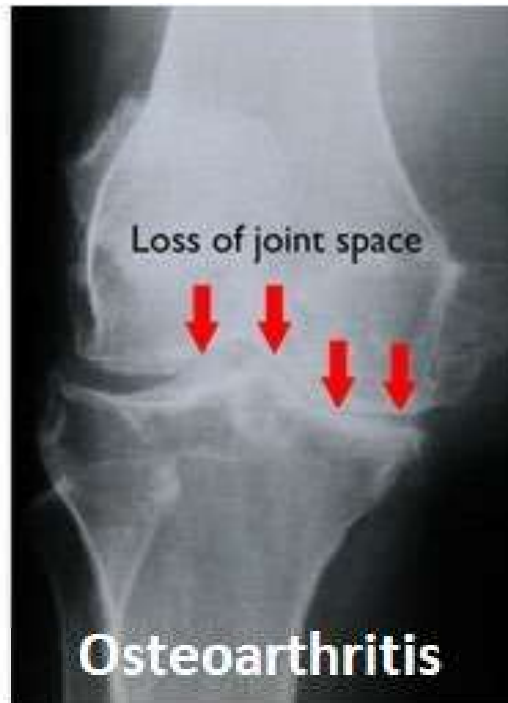
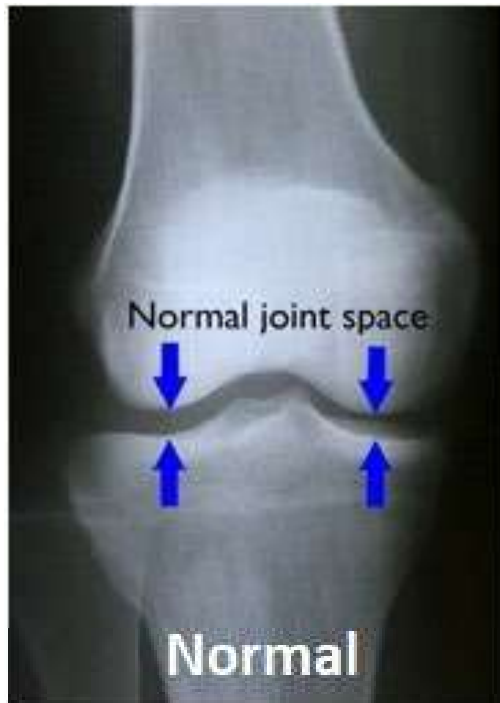
“It’s JUST arthritis”

- Arthritis is the leading cause of pain and disability world wide
- It can be mild and a nuisance or severely disabling
- Non-surgical options do not always adequately control pain
- ‘advanced disease’
- Surgery is indicated for treatment of PAIN

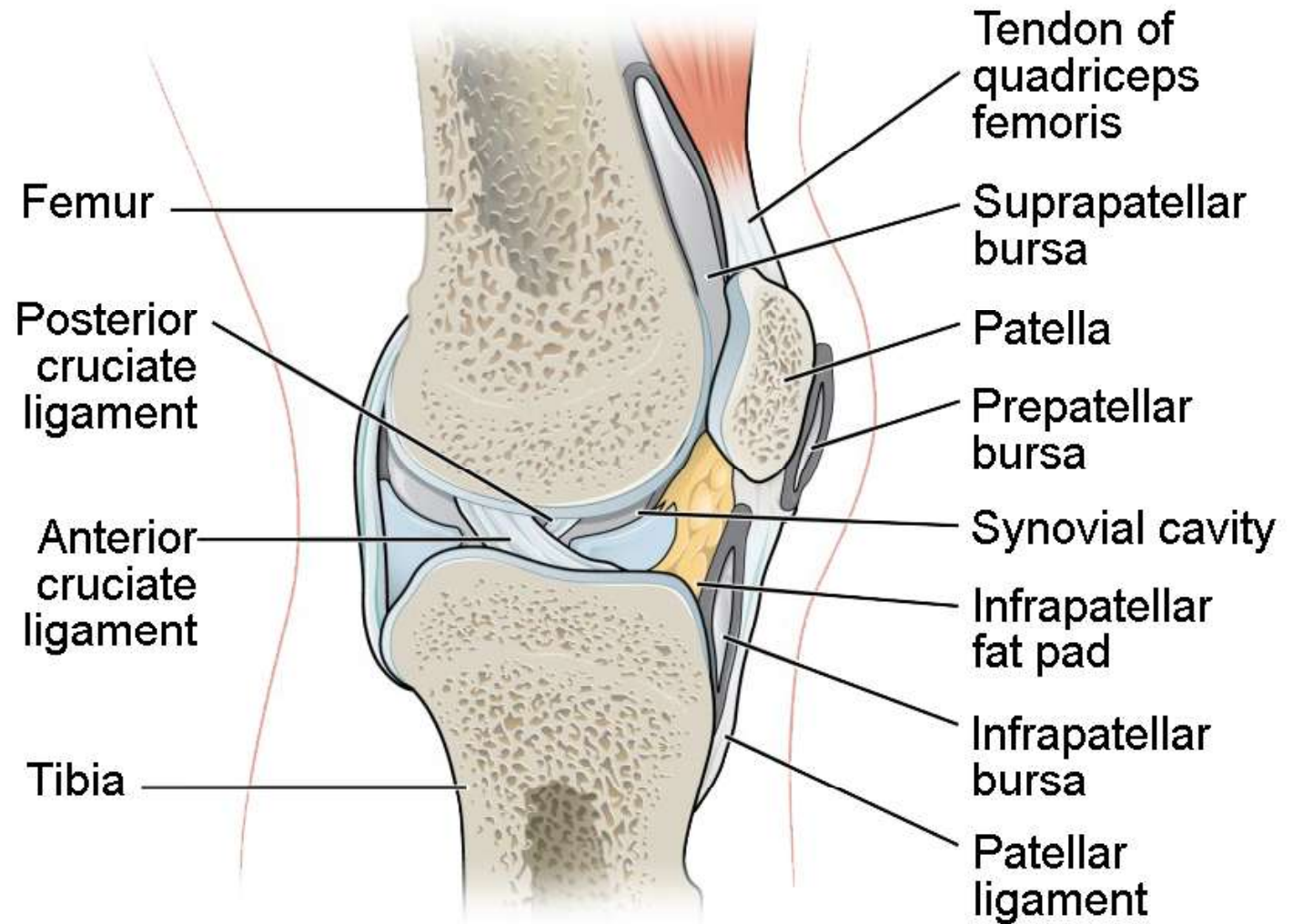
What is Osteoarthritis?



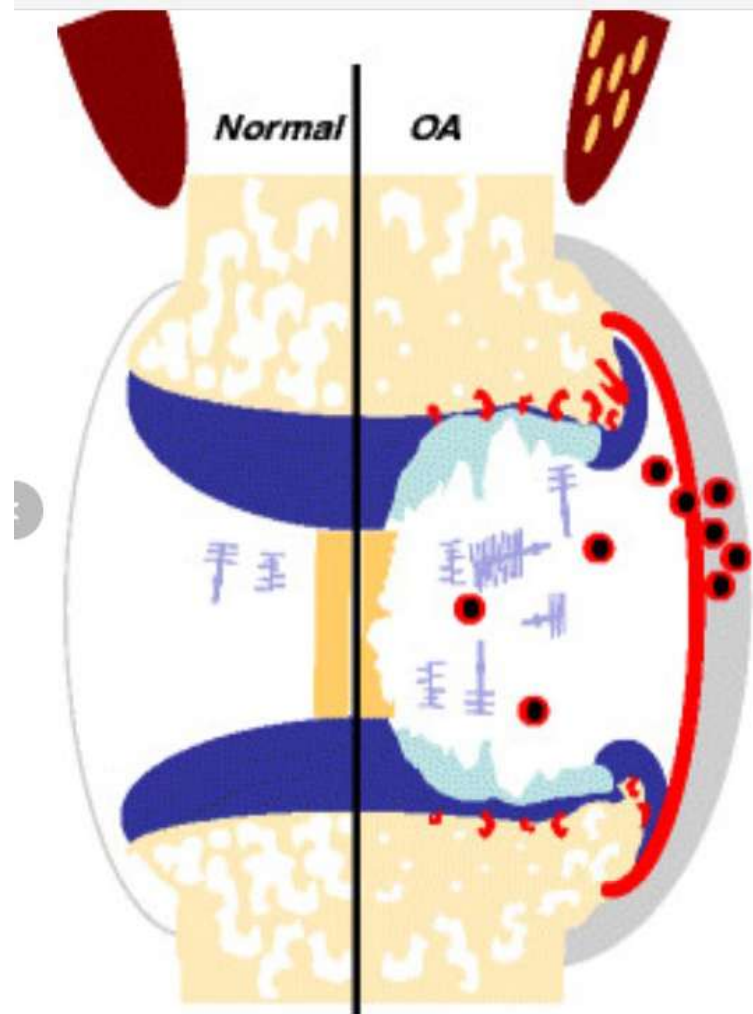
What Osteoarthritis looks like on Xray



Joint Structures



Why does
arthritis
hurt?



Sources of Pain:

- Bone underneath cartilage
- Inflammation of synovium
- Meniscus
- Ligament
- Joint capsule
- Fat cap
- Bone spur impingement
- Inflammatory chemicals
 - Cytokines, chemokines....

Interventions for Arthritis:

Increase the **load your joint can tolerate:**

- Pain medication
- Joint Injections
 - Cortisone
 - Hyaluronic acid
 - Platelet rich plasma
- Bracing
- Walking aide
 - Cane, walker, hiking poles
- Knee: nerve ablation

- Session 5:
- Physiotherapy or Manual Therapy
- Non Impact Exercise
- Mechanical Load Reduction
 - Strengthening
 - Weight reduction

Interventions for Osteoarthritis:

Increase **what you can tolerate**:

- Activity Modification & Pacing – Session 5
- Healthy Distractions
- Education & Knowledge – Session 3
 - Understanding arthritis
 - Understanding Pain & Pain Mindset
- Mindfulness Meditation – session 1 and beyond
- Cognitive Behavioural Therapy – session 2 and beyond

An Introduction to Medications

- * This is general information
- GP, NP, Pharmacists, Surgeon, Navigator, Internal Medicine Specialist...



Acetaminophen= Tylenol (paracetamol UK)

- Well tolerated pain and fever reducer
- Minimal side effects for most people
- Mildly effective
- Maximum dose – 3 to 4 grams per day or 3000 mg to 4000 mg to day
- Caution in LIVER disease



NSAIDs= Nonsteroidal AntiInflammatory Drugs

Over the counter:

- ibuprofen = Advil or Motrin
- naproxen = Aleve = Naproxen

Prescription:

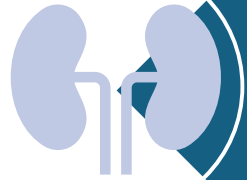
- Diclofenac, Celebrex, Mobicox, Indomethacin...

Combination Products:

- Vimovo = naproxen plus stomach protector
- More effective than Tylenol but come with potential side effects



NSAIDs Potential Side Effects



Kidney Disease



High Blood Pressure,
Heart Disease & Stroke



Stomach Upset &
Stomach Ulcers

NSAIDs Risk

- Risk of Side Effects go up with
 - Age
 - Dose
 - How Often the drug is used
 - Other medical conditions
- Use the LOWEST EFFECTIVE amount



Narcotics = Opioids

Safe for short term use for acute pain

Commonly prescribed around surgery:

- tramadol
- Tramacet = tramadol + acetaminophen
- hydromorphone = Dilaudid

“older” medications:

- Tylenol 3 = acetaminophen + codeine + caffeine
- Emtec = acetaminophen + codeine

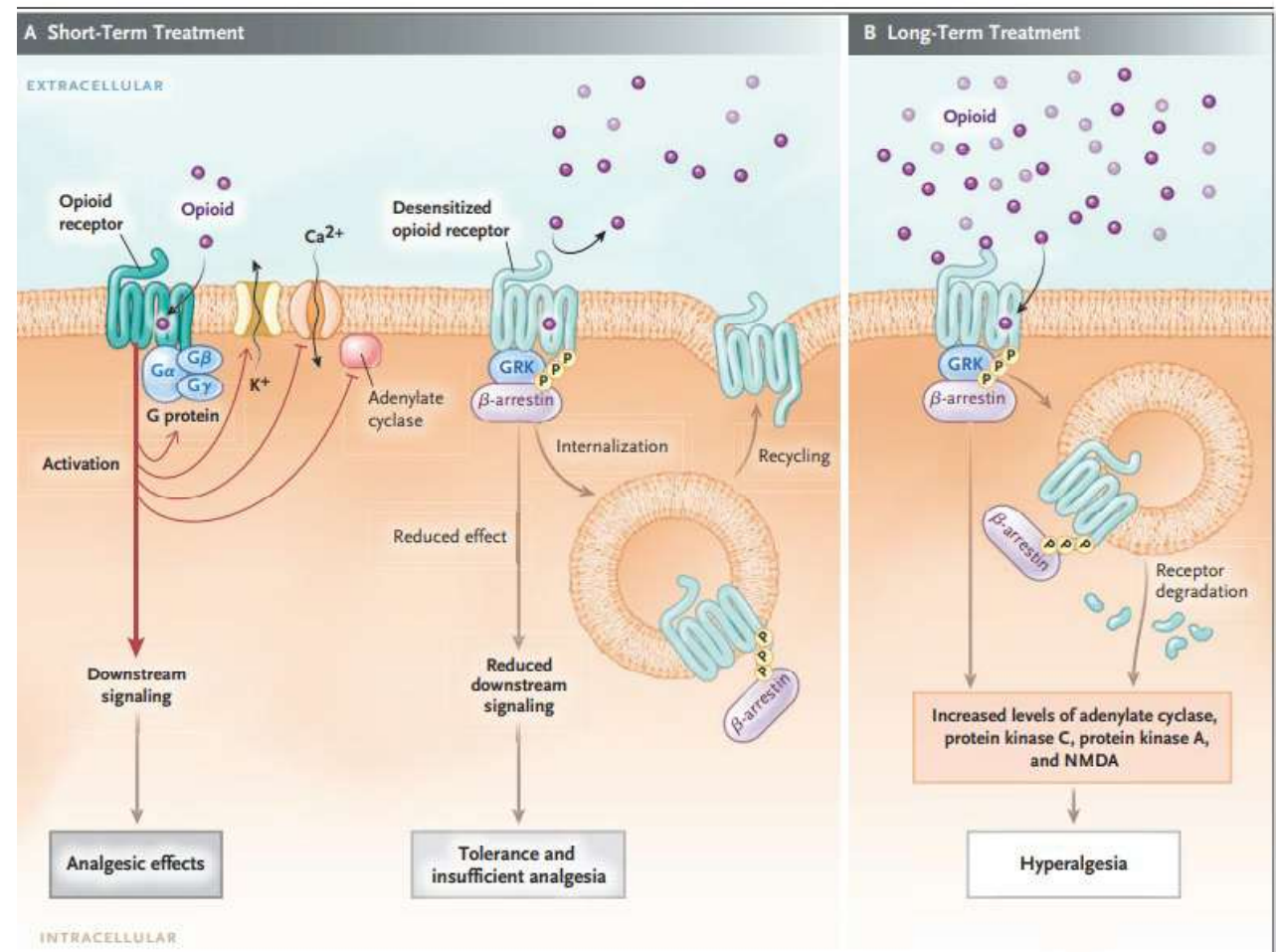


Narcotics should be used for short duration

- develop tolerance
- Need more drug to achieve same or less benefit
- Side Effects Increase with Dose
 - Constipation
 - Balance/dizziness
 - Potential for tolerance to grow to dependance

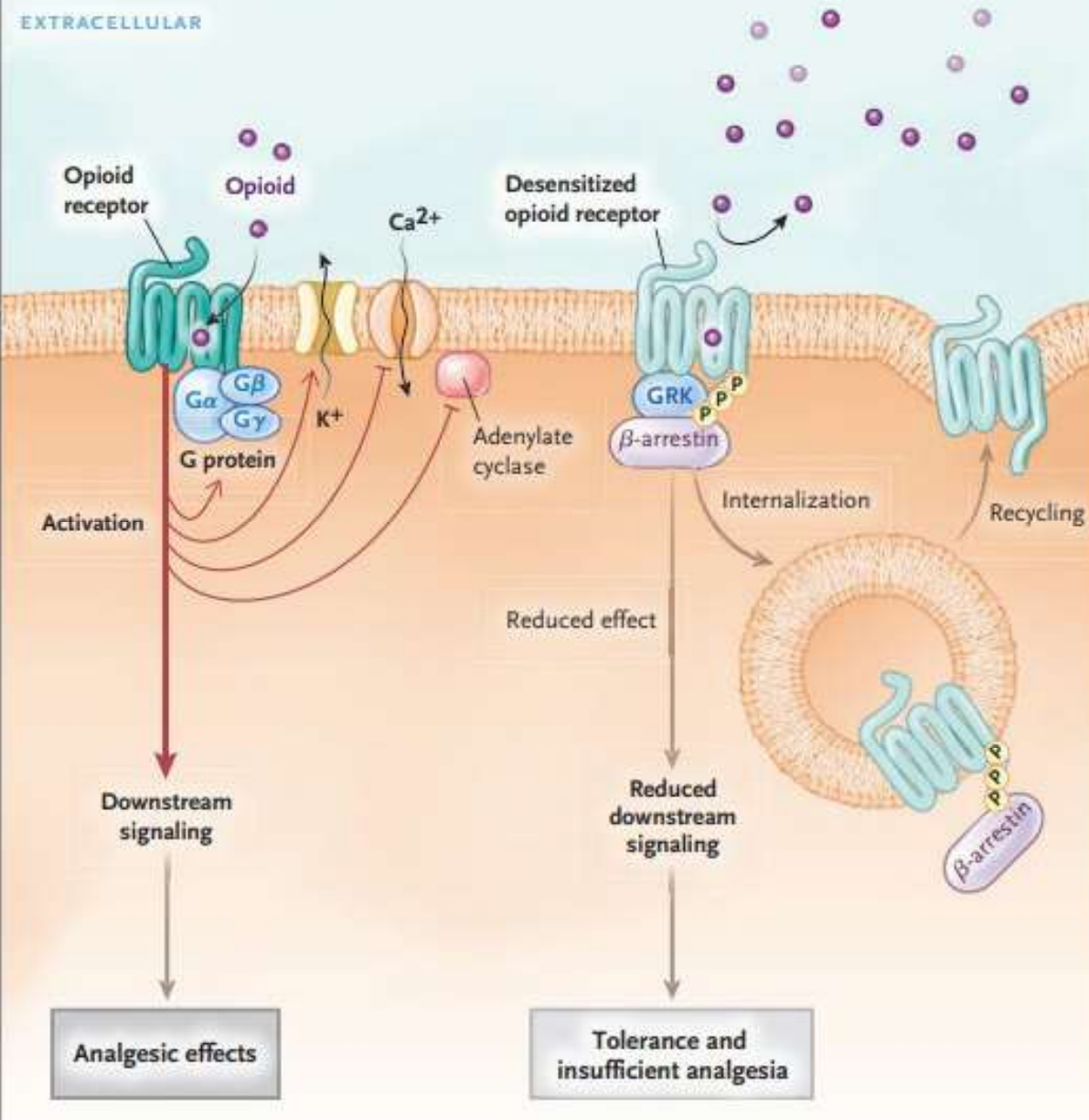
Opioid Tolerance in Critical Illness

J.A. Jeevendra Martyn, M.D., Jianren Mao, M.D., Ph.D.,
and Edward A. Bittner, M.D., Ph.D.

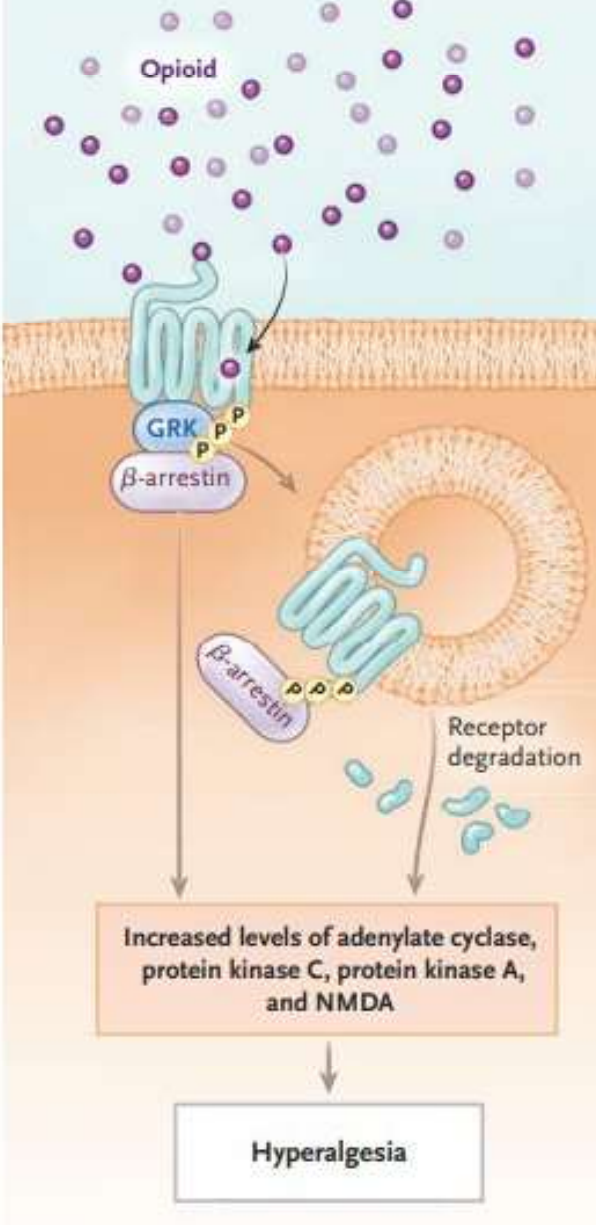


A Short-Term Treatment

EXTRACELLULAR

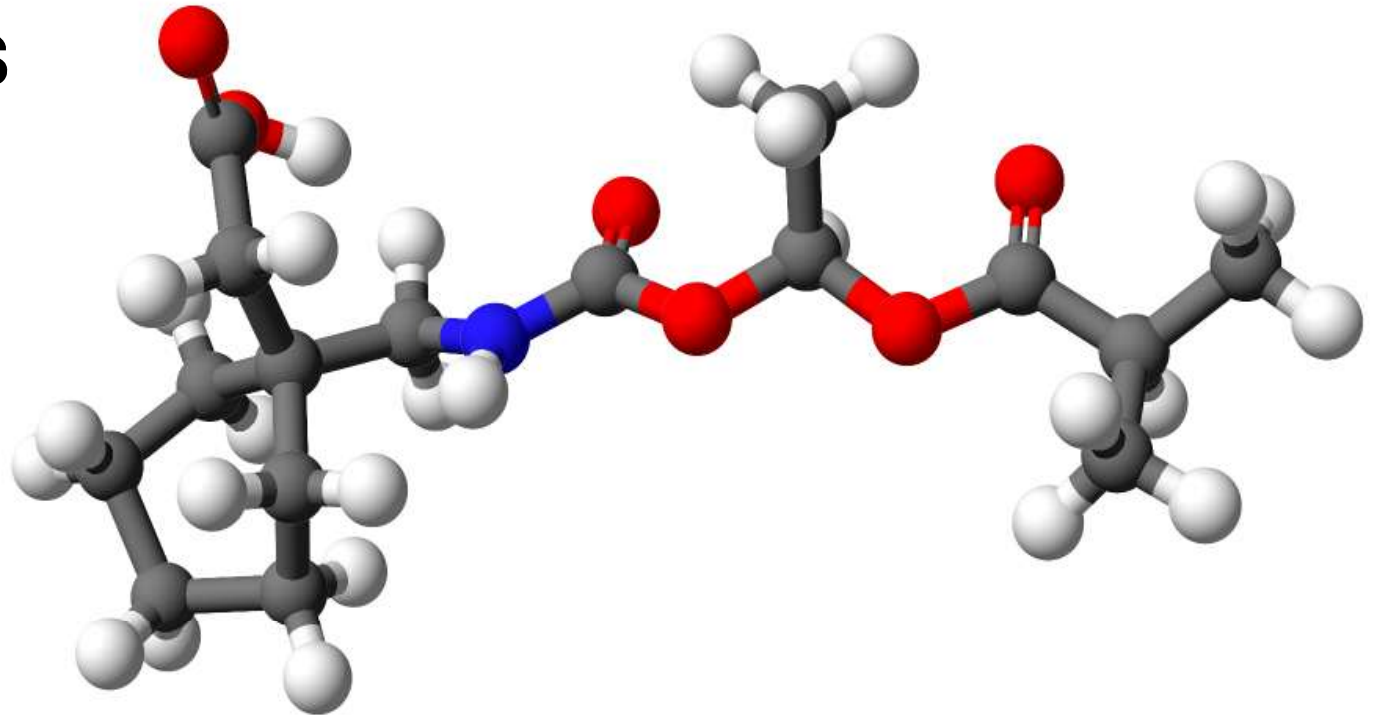


B Long-Term Treatment



Pain Modulating Drugs

- Neuropathic Pain:
 - gabapentin (Neurontin)
 - pre-gabalin (Lyrica)
- Tricyclic anti-depressants:
 - amitriptyline,
 - nortriptyline
- SNRIs: duloxetine (Cymbalta)



Efficacy and safety of duloxetine in osteoarthritis: a systematic review and meta-analysis

Mikala C. Osani and Raveendhara R. Bannuru

Center for Treatment Comparison

About 21% of adults with osteoarthritis (OA) are diagnosed with concomitant

← → ↻ arthritis.ca/treatment/medication/medication-reference-guide/medications/duloxetine 

Arthritis Society [Researchers](#) [Healthcare Professionals](#) [Contact Us](#)

[About Arthritis](#) [Treatment](#) [Support & Education](#) [Living Well](#) [About Us](#) [Get Involved](#) [Donate](#)

You Are Here: [Home](#) > [Treatment](#) > [Medication](#) > [Medication Reference Guide](#)

Duloxetine

Drug Name	Brand Name(s)	Drug Class
Duloxetine	Cymbalta®	Prescription medication

 PRINT

Duloxetine is a second-line agent for treatment of osteoarthritis of the knee that has not responded to acetaminophen or non-steroidal anti-inflammatory drugs (NSAIDs).

Cannabis: CBD

- Medical Evidence does NOT support use of CBD for OA pain
- But....
 - Lots of people do
 - CBD oil, topicals
 - THC – contributes to 'high' feeling



Cryotherapy= Ice (pre or post op)
Heating pad: pre op, later post op

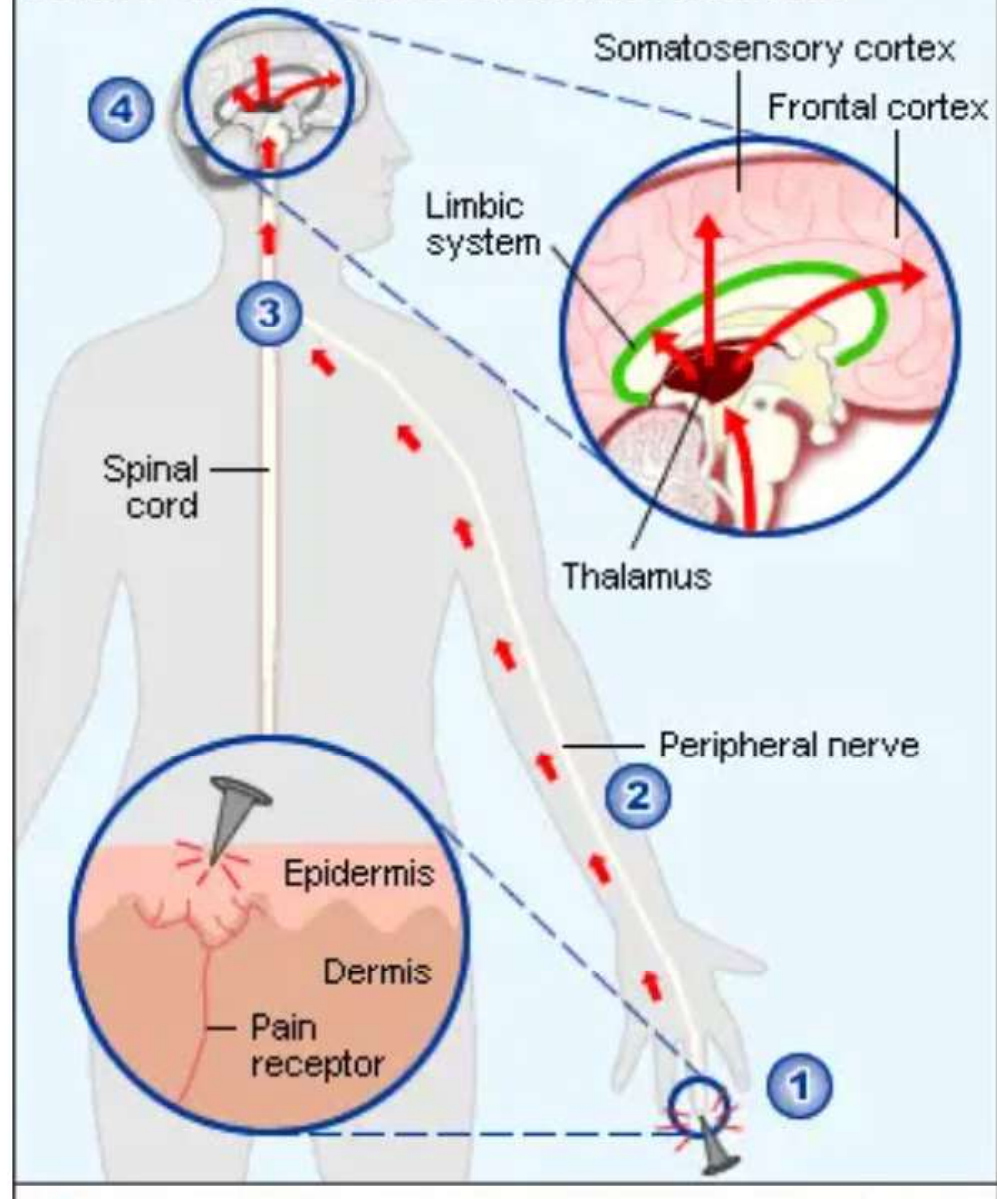


Healthy Distractions

- Music
- Arts, Crafts
- Nature
- Pets
- Social connections



HOW YOU FEEL PAIN: THE PAIN PATHWAY



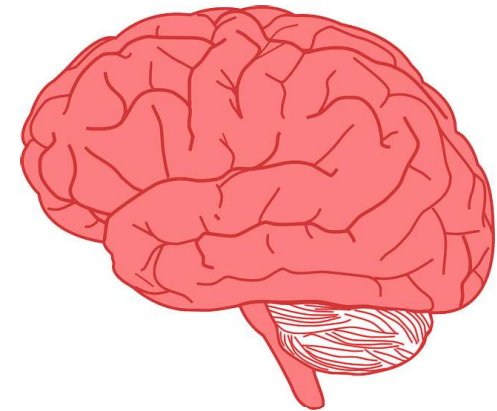
The amount of pain experienced does not match with the amount of 'tissue damage'

Nerve receptors in body e.g knee, hip, back send 'information' to brain*

Brain processes this information alongside all the other inputs happening at the time

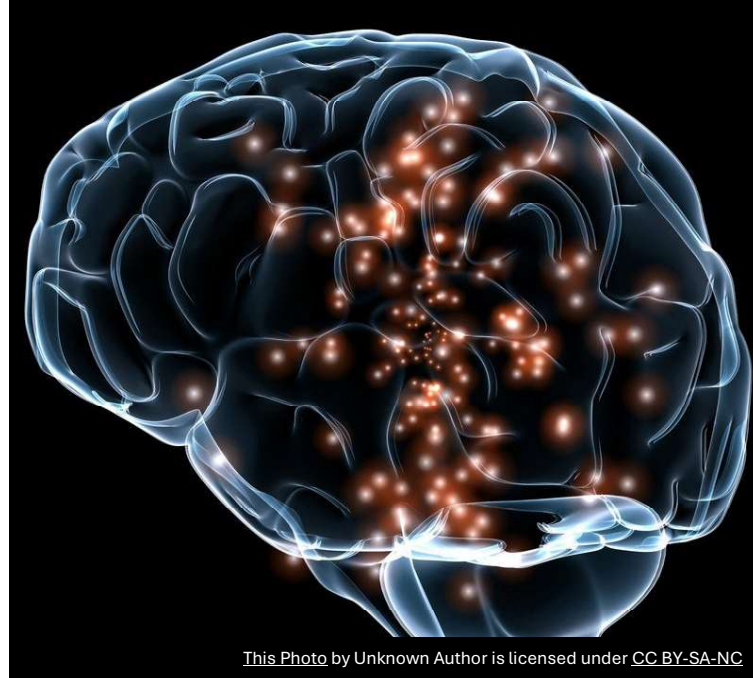
Brain decides how much pain we have according to how safe it feels we are

The amount of pain we feel depends on the CONTEXT of our situation

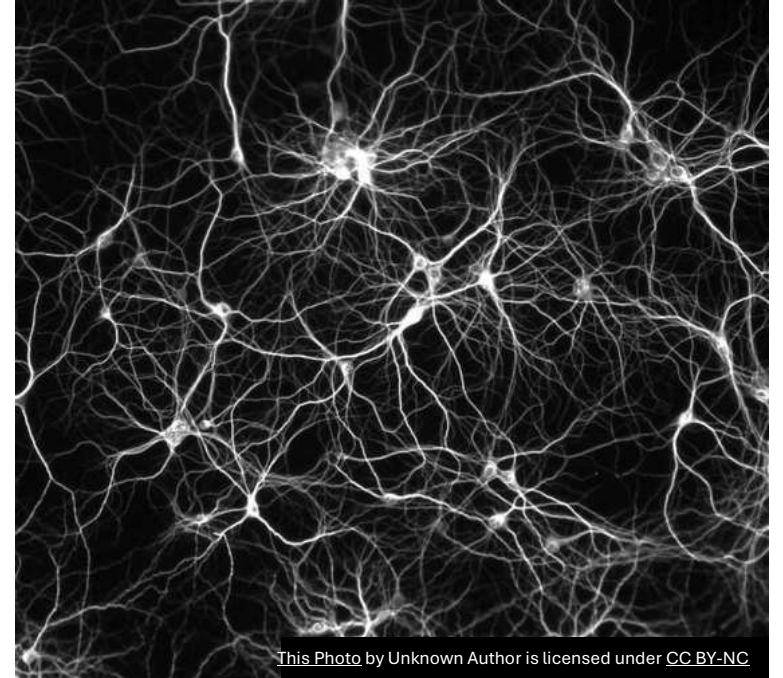




This Photo by Unknown Author is licensed under [CC BY](#)

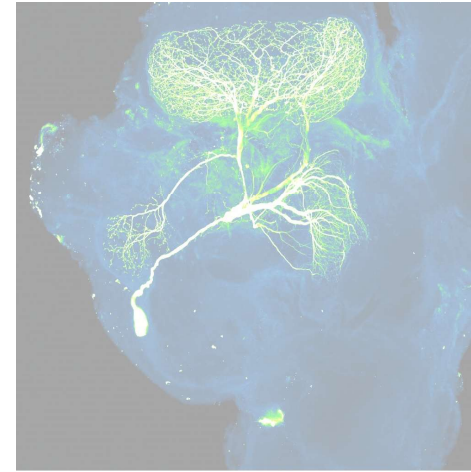
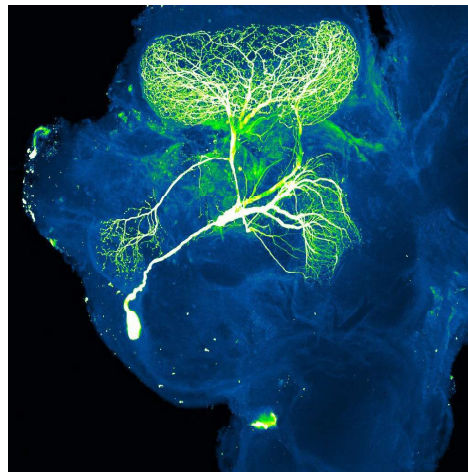


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Our Brain Process the Signals



Creating an Environment of Safety to Reduce Pain

Pain levels vary depending on the 'context' of a situation



AUTONOMIC NERVOUS SYSTEM

- **SYMPATHETIC**
– *Fight or Flight*



- **PARASYMPATHETIC**
– *Rest and Digest*



“Danger in Me” vs “Safety in Me”



Factors that can turn “Up” or “Down” our Pain Experience

“Danger in Me” DIM vs “Safety in Me” SIM

Sleep

- non vs restorative

Mood and emotions

- Anxious, happy, calm, fearful

Social Circumstances

- Work, finances, support system, dependents

Physical Factors

- Medications, inflammation, breath, movement, other health conditions

Beliefs & Expectations

- “this will never go away” vs “Bob had this and he is doing great now”

Pain Mindset



“Nobody wants more pain, but having a negative pain mindset is like picking up the can of gasoline and pouring it on a fire. You can learn to put the can of gasoline down, and by doing so it changes your pain in the moment, and steers your nervous system away from pain in the future.”

Beth Darnall from Preoperative Optimization of the Chronic Pain Patient, H. Mcanally, L. Freeman, B. Barnall. Oxford Press, 2019.



KEEP
CALM
BATHROOM BREAK
IN
PROGRESS

600 x 700

KeepCalmAndPosters.com

- [TEDxAdelaide - Lorimer Moseley - Why Things Hurt – YouTube](#)
- 8:30



Homework:Identifying your own Danger In Me & Safety In Me Signals (DIMS & SIMS)

Two or three Danger in Me's (DIMs) relate to your current condition or upcoming surgery.

Two or three SIM's that relate to your current condition or upcoming surgery.



5-4-3-2-1 Grounding Meditation

5: Notice **FIVE** things
you SEE around you

4: Notice **FOUR** things
you can TOUCH or
FEEL around you.

3: Notice **THREE** things
you HEAR.

2: Notice **TWO** things
you can SMELL.

1: Notice **ONE** thing
you can TASTE.



Invitation to Practice

Daily meditation practice 15-20
minutes

Grounding Breath

5-4-3-2-1 Meditation

Pain Experience Worksheet

PROP

Session 4: Pre & Post Surgical Nutrition

SOBER Breathing Space

Check In On Pain Mindset &
Pain Tools

Pre & Post Surgical Nutrition

Mindful Eating



SOBER Breathing Space

With thanks to Dr. Mark Sherman



S- Stop: In a stressful situation, remember to stop and begin by taking 2-4 deep relaxation breaths



O-Observe. Observe the sensations in your body, mood, emotions.



B-Breath. Settle your attention on your breath for 1-2 minutes.



E-Expand. Expand your attention to the rest of your body and experience.



R-Response. Respond (vs react) mindfully, with awareness of what is needed in the situation and you can best skillfully speak or act



5-4-3-2-1 Grounding Meditation

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you can SMELL.

1: Notice **ONE** thing
you can TASTE.

+

○



●

check-In

How is your meditation practice?
Last session: pain

Send us a note in the comments if
you wish to privately communicate
something



Session 4: Surgical Nutrition



Surgery is a Stress to the Body



Protein intake before and during after surgery helps optimize outcomes



Understanding of sources of protein, when and how much to eat



Consider carbohydrate loading night before surgery (unless diabetic!!)



How to use mindfulness in our approach to eating

What are some of
the things to think
about for
Presurgical
Nutrition?

Thanks to Kiley
Ketchum and Erin
Harrison, Reg.
Dietitians

Surgery is a stress to the system

Our body has increased protein
needs to accommodate healing
after surgery

By pairing weight bearing exercise
with protein, we prepare our bodies
for surgery by building our strength.

Protein Before and After Surgery



Before surgery we can optimize our muscles with protein at each meal and snack.

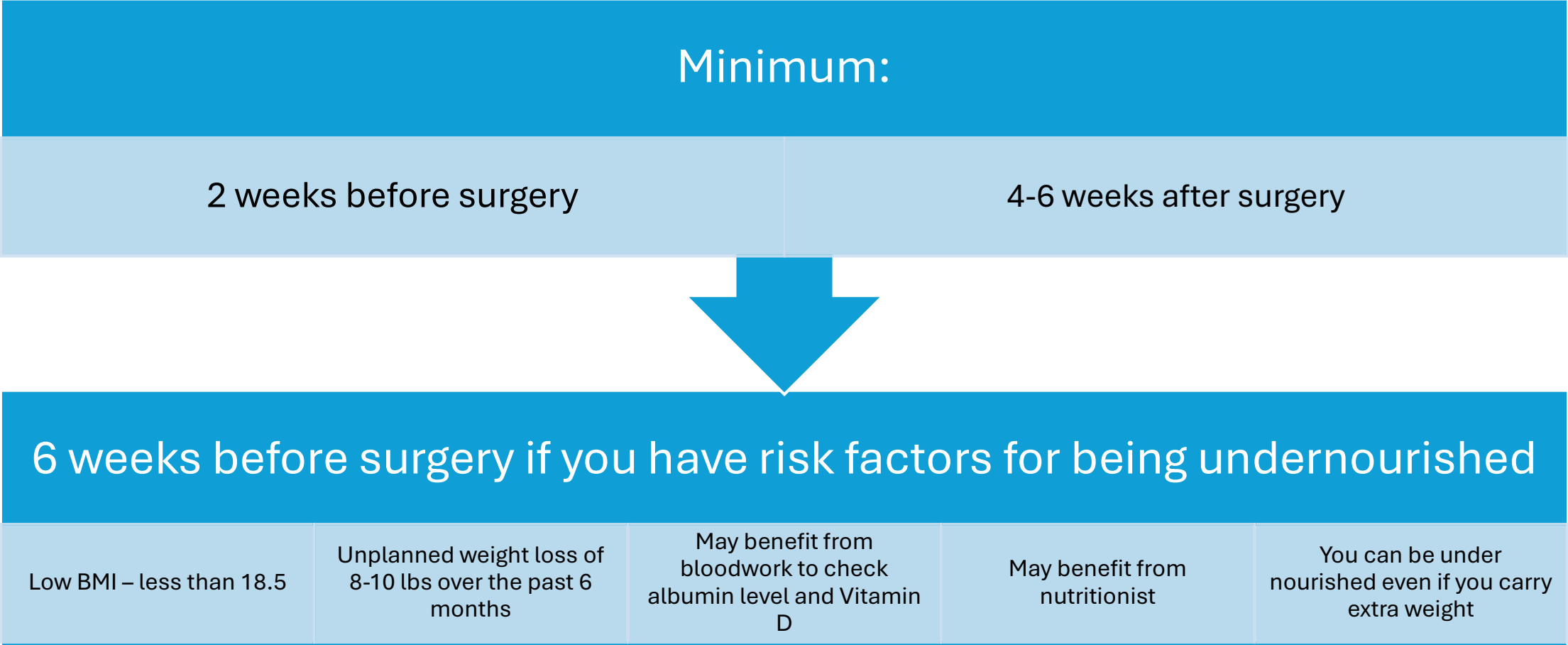


After surgery your energy may vary, and we still need protein to heal and fuel our immune response.



Ask your doctor or renal dietitian about protein before increasing your intake if you have kidney disease

When to Increase your Protein Intake?



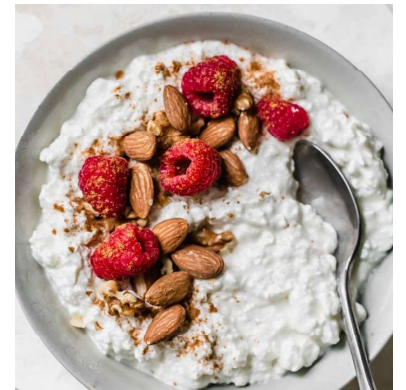
Sources of Protein

- Animal meats: Chicken, turkey, beef, pork
- Seafood: Fatty fish (salmon, tuna, herring, trout), white fish, shrimp, shellfish.
- Legumes: kidney, white, black, and cannellini beans, chickpeas, lentils, peas, peanuts.
- Soy: Tofu, edamame beans
- Dairy: Greek yoghurt, cottage cheese
- Eggs
- Nuts and seeds: Almonds, hazelnuts.



How do I mix protein in throughout the day?

- Breakfast: Omelets, scrambled tofu breakfast wrap, natural peanut butter on toast, cottage cheese/plain Greek yogurt with pumpkin seeds and berries.
- Lunch: Sandwiches with meat, vegetarian wrap with hummus or bean spread, Buddha bowl with edamame beans & chicken or fish.
- Snacks: Trail mix, roasted chickpeas tossed in chili seasoning & lime
- Dinner: Meat-starch-veg dish, lentil rice, chili (vegetarian or beef).

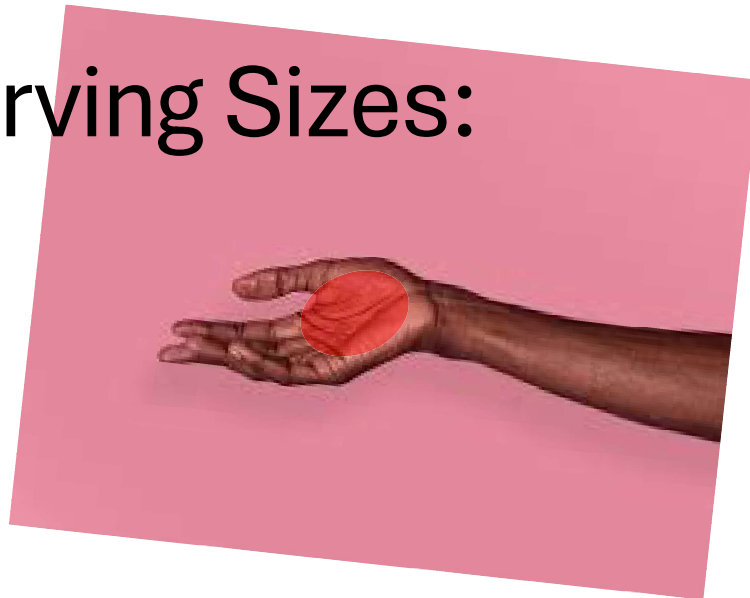


How much protein do I need?

0.5- 1g of protein per kg of body weight /day

e.g 175 lbs = 80 kg 40-80 g of protein per day

Serving Sizes:



Health Benefits vs Risks of Protein Powder Supplements

Benefit	Description	Risk
Muscle Growth	Promotes repair and growth of muscle tissues.	Caution if kidney disease
Convenience	Quick source of protein for busy lifestyles.	Digestive Issues
Weight Management	Can aid in weight loss by reducing hunger.	Nutrient Imbalance

Cost and Contamination

Cost of Protein Supplements

Prices vary significantly. Factors include brand, quality, and form (powder, bars). Premium brands often have higher costs.

Contamination Risks

Low-quality products may contain harmful substances or contaminants, including heavy metals. Always choose certified brands.

Making an Informed Choice

Research products thoroughly. Look for transparency in sourcing and third-party testing to ensure safety and value.



STAYING HEALTHY

The hidden dangers of protein powders

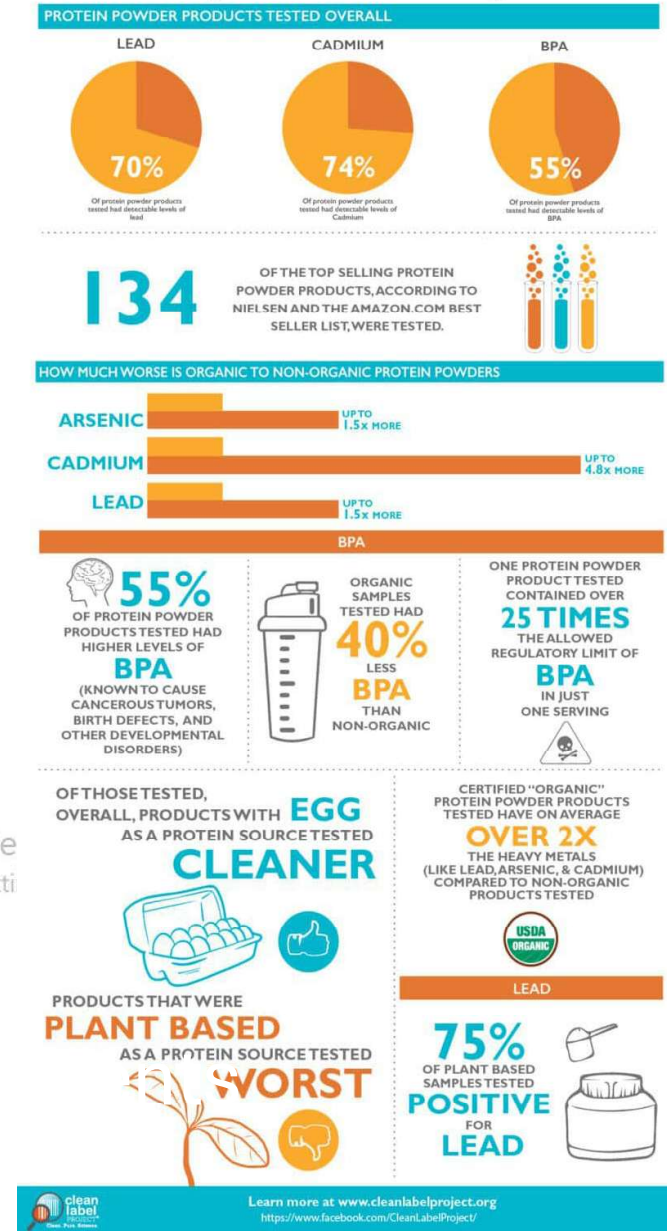
August 15, 2022

They may contain added sugar, calories, or even toxic chemicals.



https://myvega.com/blogs/content/vega-heavy-metals-testing?srsltid=AfmBOopp7Z91PjO5yGWJFUAW_PdM-u866SKRqqjiFWY4Tz5kh18Jt1l

Clean Label Project Protein Powder Study Results 2018





		PRODUCTS RECIPES HEALTH AND NUTRITION TIPS FAQ   ENSURE® CLUB  SHOP NOW 	
	ENERGY	VITAMINS & MINERALS	
	Energy	355 Cal (1486 kJ)	
	Protein	14 g	
	Fat	11 g	
	Linoleic acid	2.0 g	
	Linolenic acid	0.3 g	
	Polyunsaturates	4.5 g	
	Monounsaturates	5.0 g	
	Saturates	1.0 g	
	Carbohydrate	51.0 g	

Carbohydrate Loading

- Carbohydrates are the sweets and the starches we know and love.
- provide the body with fast acting fuel for the healing response when taken before surgery
- You only need to carbohydrate loading the day/night before surgery (before midnight).
- Examples: 2 cups of juice.
- DO NOT Carb load if diabetic



Micronutrients

- Vitamin D:
- Omega 3
- Iron



Calcium



Dietary sources are preferred



Intake of 1250-1500mg daily



Dairy



Almonds



Soy



Sardines/canned salmon



Dark leafy greens

B

I

N

G

O



Nutrition for healthy bowels



Water

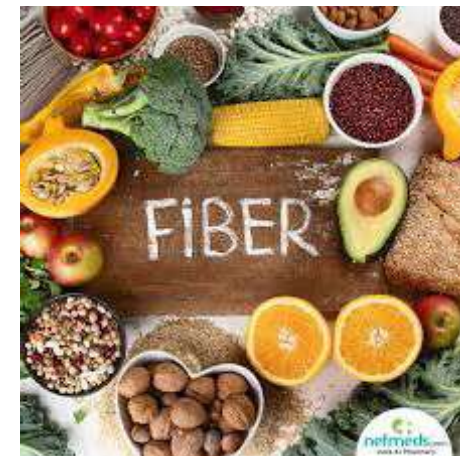


Fresh fruit &
veg



High fibre foods

- Fibre supplements (psyllium, Metamucil)
- Stool softeners eg docusate
- Laxatives senna, Peg 3350 (Restoralax)



Practical Tips and Tricks

- Mindful Practice:
 - Tune into your energy patterns
 - Have balanced options ready that do not require much preparation
 - Make your “best meal” when your appetite is strongest
- Plan ahead:
 - Batch cooking
 - Meal delivery services?
 - Grocery delivery services
 - Prepare meals when you have the most energy throughout your day.





KEEP
CALM
BATHROOM BREAK
IN
PROGRESS



Don't hurry



Cook and eat in
a good mood



Feel the taste
of food



Soft, relax
music



Eat your favorite
food last



Drink more
water



Respect your body
and health



Sit at a real table



Not multitasking

Mindful Eating

Session 4: Surgical Nutrition



Surgery is a Stress to the Body



Protein intake before and during after surgery helps optimize outcomes



Understanding of sources of protein, when and how much to eat



Consider carbohydrate loading night before surgery (unless diabetic!!)



How to use mindfulness in our approach to eating

Invitation to Practice

Daily meditation practice 15-20 minutes

SOBER Breathing Space 54321

Try some Mindful Eating

Assess your own nutrition through diary or journaling.

Identify sources of protein that you like and can add to each meal.

Come up with a meal plan for after surgery.

Have a Plan – Don't leave nutrition to chance!

PROP Session 5: Physical Activity

Body Scan Meditation

Check Ins

Physical Activity and Osteoarthritis

Prehab and Rehab for Hips Knees and Backs

Walking Meditation



Body Scan Meditation

Check Ins

Thoughts on mindful eating and nutrition, meditation practice

How are you doing?

Physical Activity and Arthritis: Key Points

Activity does not harm arthritis

Avoid the Boom and Bust cycle

Use Pacing for daily activities and exercise

Prehab and Rehab improve surgical recovery

Motion is Lotion

Physical activity does not worsen arthritis

Physical activity improves arthritis pain

Improved function before surgery leads to improved function after surgery

Physical activity improves general health, sleep and stress

It's keeping going that keeps you going!

Improved muscle strength protects your joints

Modify your activities to accommodate your arthritis

Try new activities that may be easier on your joints: stationary cycling, water walking and water aerobics are often well tolerated

Consider walking aids that may help you move more safely, more naturally and for more time

Work with a physiotherapist, kinesiologist, or personal trainer

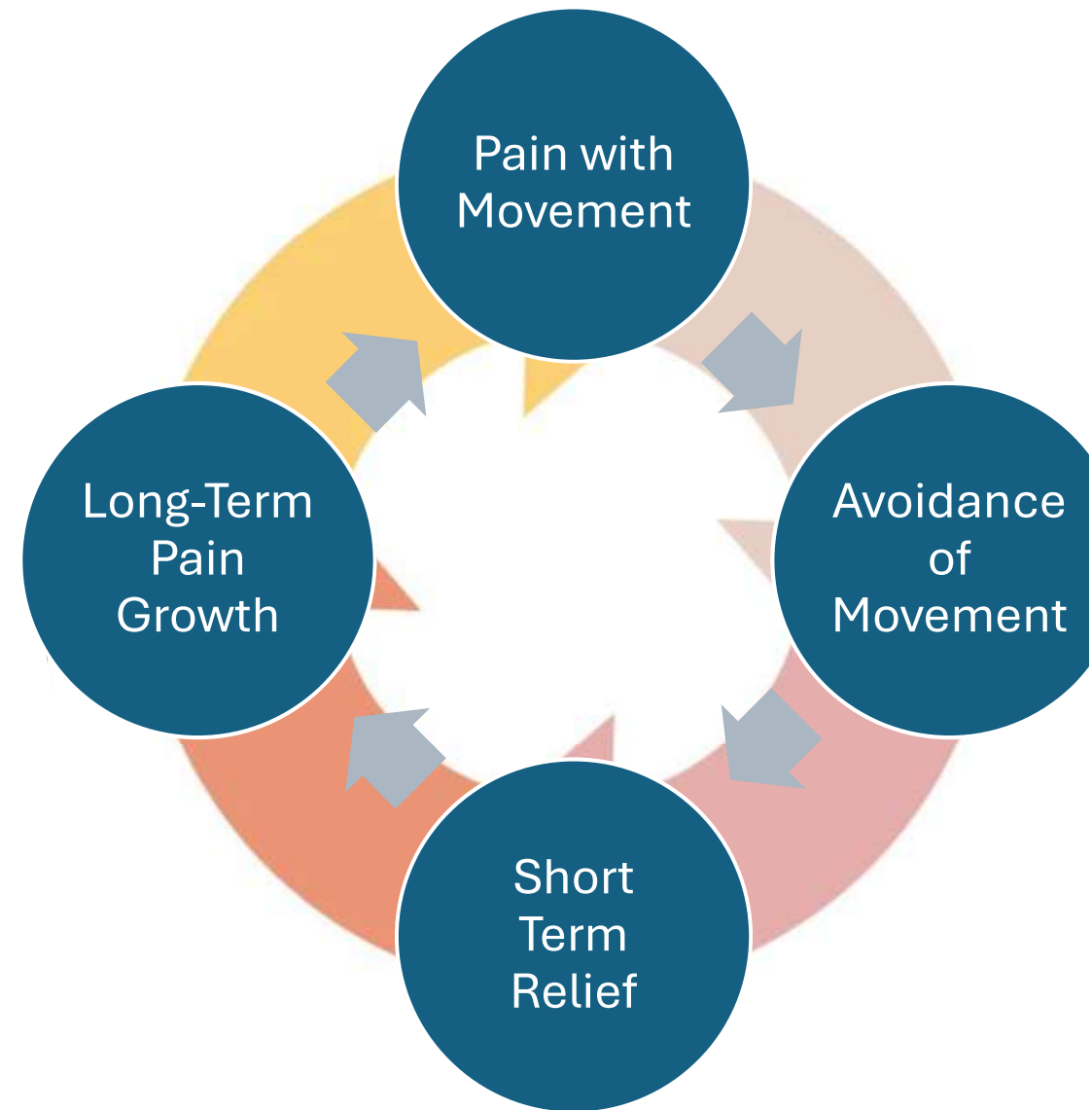
How Movement Helps Arthritis:

Dr Andrea Furlan 1:00



Cycle of Avoidance

- Evolution has taught us to avoid pain
- Pain triggers the Fight/Flight Response
- Our avoidance can enhance our pain



Bedrest and Function

A
C
T
I
V
I
T
Y

TIME

Boom and Bust

A
C
T
I
V
I
T
Y

TIME

Paced Activity

A
C
T
I
V
I
T
Y

TIME

What will you choose?

PACING

A
C
T
I
V
I
T
Y

BOOM &
BUST

BEDRES
T

TIME

Pacing



Assess your current level of activity



Consider all your activities including cooking, housekeeping, shopping as well as “exercise”



Build breaks into your day: instead of walking for 20 min, walk for 10 min twice a day



Aim to increase by about 10% per week

If you can walk for 10 min per day, next week try 11 min per day (not 20!)

• Activity Log

Weekly Activity Log							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 AM							
1:00 AM							
2:00 AM 🕒							
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							

How Much is Too Much?

- If you are a little more sore during activity or for 1-2 hours after:

that is good activity!

- If your pain is significantly increased that night so your sleep is more disrupted, or you are significantly more sore the next day:

that is likely over doing it!

Pacing:
Budget your
physical
activity:
Weekly Activity Log

Weekly Activity Log							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 AM							
1:00 AM							
2:00 AM							
3:00 AM							
4:00 AM							
5:00 AM							
6:00 AM							
7:00 AM							
8:00 AM							
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11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							

General Post Op Guidelines

Limit standing and walking time initially to 5-10 min per hour

Increase your activity levels gradually over 6 weeks or more

Manage pain to allow post op exercises

Your artificial joint is solid right away; Spinal fusion & shoulder tendon repairs needs to knit together

Your surgeon may provide guidelines specific to you

Knee Rehab

Artificial knees get more stiff and more sore
without movement

Focus on Range of Motion exercises

Standing limited to 5-10 min until knee
bending is 90 degrees

”Flirt” with the edge of the pain

Pushing too hard too soon may lead to
prolonged setbacks

Knee Precautions: avoid kneeling, deep
squats, pillow under knee

Post op physiotherapy: 10 days, 3 weeks
and 6 weeks

Hip Rehab

- Focus on gradually increasing walking
- Consider hip precautions: avoid extreme flexing, crossing, twisting
- Consider walking aids
- Post op physiotherapy: 3, 6, and 12 weeks

Shoulder Rehab

Sling for 3-6 weeks

Pendular exercises right away

Physio continues to 12 weeks
post surgery

Protect rotator cuff repair during
first 3-6 weeks after surgery

Back Rehab

- [Low Back Surgery Rehab](#)
- Post Op Physio is may not be covered
- Main exercise is walking or stationary bike
 - Start low and go slow
- Tips:
 - Keep spine in a neutral position
 - Engage abdominal muscles to support spine

FAQs

When can I drive?

- Approx 6-12 weeks, depending on pain meds and R leg mobility

When can I get back to the pool?

- Approx 6 weeks, depending on wound healing

How long will my recovery take?

- Full recovery may take a full year or longer

FAQ: Sexual Activity

See the figure below for examples of positions surgeons recommend and don't recommend following hip surgery.



- <https://hipkneeinfo.org/hip-care/a-guide-to-returning-to-sexual-activity-following-hip-replacement-surgery/>
- Generally not sooner than 4-6 weeks after surgery
- May need to modify positions

Bathroom Break: Chair Yoga!

Sherry Zak Morris, Can't Stop the Feeling

sherryzakmorris.com

<https://youtu.be/9GS1CWDIkYU>

30 minute dance recital – part 2

<https://www.youtube.com/watch?v=aYSd827IWLc>

What is Choose to Move?

Ready for a transformative journey to a healthier, more vibrant you? Choose to Move, a physical activity support program, is here to ignite your motivation and connect you with a supportive community. **Here's what you can expect:**



Personalized Guidance:

You'll work closely with a knowledgeable activity coach who will help you craft an activity plan tailored to your preferences and abilities. You'll choose activities that not only keep you moving but fill you with joy.



Community Connection:

Connect with like-minded peers for 8 dynamic group meetings to share goals, stay accountable, and explore health and wellness topics together. It's not just a program; it's a supportive community, cheering you on



It's Not a Fitness Class:

It's an empowering experience that equips you with the knowledge and confidence to lead a more physically active and socially connected life. It's about creating lasting lifestyle changes, not quick fixes.



Backed by Science:

Choose to Move is based on sound scientific research and was created by the University of British Columbia's Active Aging Research Team in 2015.

ChoosetoMove.ca
Activity Coaching, group
meetings

Web Resources

[CRD User Friendly Trails](#)

[GLAD Canada](#)

[RebalanceMD homepage](#)

Dr Furlan:
<https://www.doctorandreaefurlan.com/lumbar>

Web resources: Qi Gong

1:15



Web Resources: Tai Chi For Arthritis

Dr Paul Lam 1:25



Other Low Impact Exercises

- Pool Based Exercises:
 - Water walking – lazy river, deep or shallow
 - Swimming
 - Water aerobics
- Stationary or other bicycle
- Elliptical machine
- Rowing machine



Walking Meditation



Physical Activity and Arthritis: Key Points

Activity does not harm arthritis

Avoid the Boom and Bust cycle

Use Pacing for daily activities and exercise

Prehab and Rehab improve surgical recovery

Invitation to Practice



Explore your current activity levels



Try Pacing with the Activity Log



Explore Web Resources for Physical Activity



Try Walking Meditation or others



PROP Session 6: Social Supports

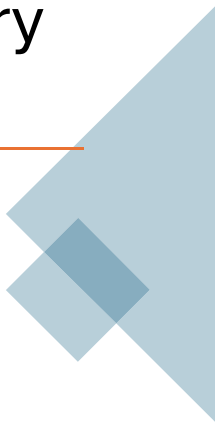
Walking Meditation

Check In on Your Practice

Social Supports

Planning Supports Around Surgery

Forgiveness Meditation



SOBER Breathing Space

With thanks to Dr. Mark Sherman



S- Stop: In a stressful situation, remember to stop and begin by taking 2-4 deep relaxation breaths



O-Observe. Observe the sensations in your body, mood, emotions.



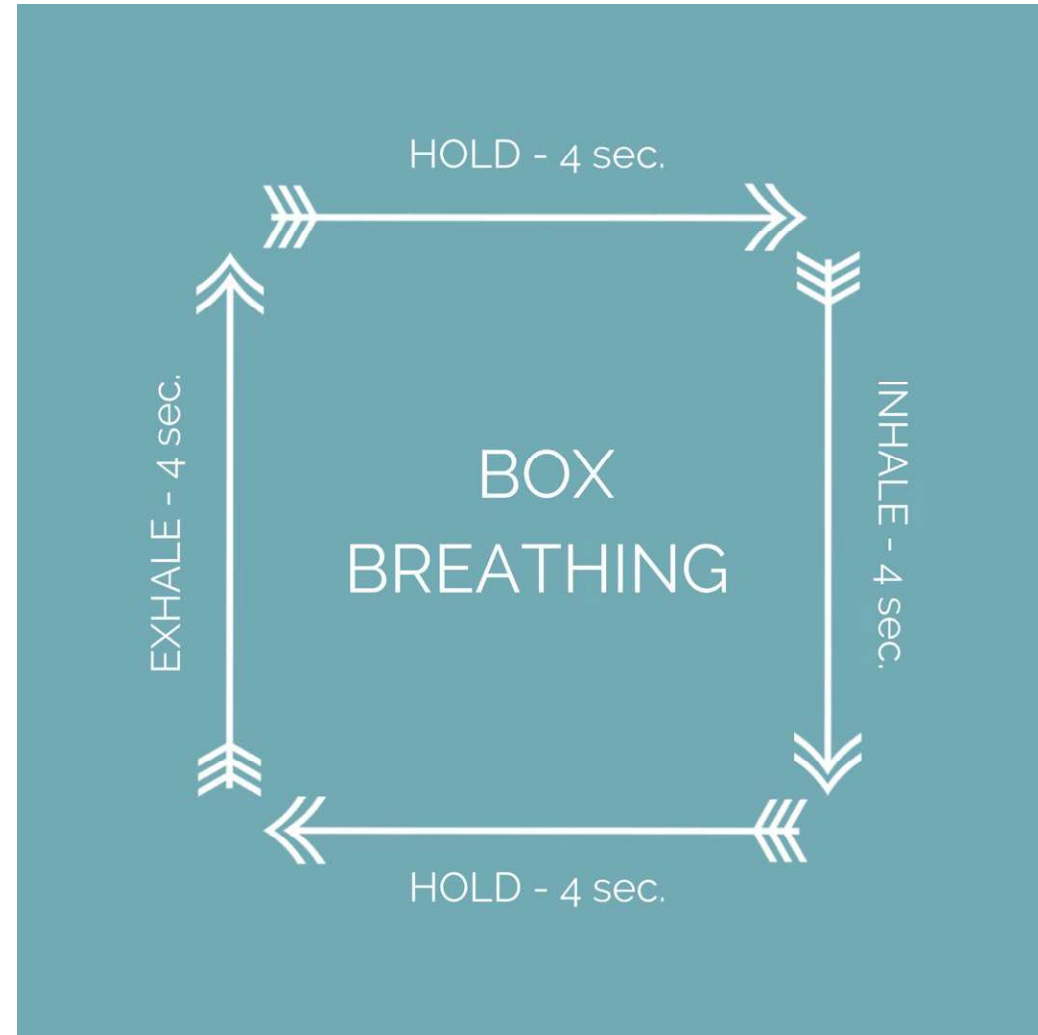
B-Breath. Settle your attention on your breath for 1-2 minutes.



E-Expand. Expand your attention to the rest of your body and experience.



R-Response. Respond (vs react) mindfully, with awareness of what is needed in the situation and you can best skillfully speak or act



Check-In

Tell us about your practice:
Any changes to practice or thoughts around physical
activity?

What meditations are you using?

Send us a note in the comments if you wish to
privately communicate something

Session 5: Social Supports

Reminder about the importance of social supports and different types of supports

Understand your support network and how to draw on it and bolster it

Think about what supports you will need around the time of surgery

There are private supports available if needed

Why are social contacts important?

- Numerous studies show benefit to:
 - Physical health: BP, heart disease, cancer, dementia and others
 - Mental health: depression, anxiety, substance use
 - Longevity: Blue Zones
- Strong predictor of resilience
- Many people rate the people in their lives and their relationships as what they value most



Types of Social Support

- Social Interaction: any and all contacts, superficial or deeper
- Social Supports: the other has intent to have a positive influence
 - Emotional
 - Instrumental
 - Information
 - Appraisal or Mirroring



Building your support network

- Some people say you need 6 friends, because when you really need help, 5 are busy!
 - Who is your “go to” person(s)?
- Consider people around you who want to help but you haven’t let them
- Additional community supports
- Increase your social interactions:
 - Consider your interests, hobbies, values
 - Consider clubs, classes, community groups, volunteering
 - What support can you offer to others?





Using Your Support Network

- Ask for help. If someone can't or won't, ask someone else
- Be mindful of what you want: Distraction? Info? Practical help?
- Be specific with your requests
- Remember it's a two way street:
 - What can you offer
 - Ask about the other
 - “organ recital” then change the topic: family, friends, work, hobbies, vacations, what do you do for fun?



Managing Social Interactions

Rebalance^{MD}

Dr. Bruce Pinel

Performance. Health. Wellness.

www.drbrucepinel.ca

Managing Social Interactions

- Why is it important to manage the topic of your injury / health situation in social settings?
- You need to give yourself yourself valuable mental – social – emotional space from your health
 - Risks:
 - Can become what you identify most with and the related ‘cloud’ of it can be overwhelming
 - Can lead to decreased sense of self-worth & sense of value to others
 - Can prevent you from getting involved in activities / tasks that you are actually quite capable of doing
 - Can lead to self-imposed isolation from being exhausted of always thinking & talking about it

Managing Social Interactions

- Can become what others identify most with you and may lead to others-imposed isolation as they are exhausted from always hearing about it
 - Are there people you avoid talking to (in-person or by phone) because you are tired of hearing about their 'situation'? ... well, that could be what you become to others
- There is more to you than your injury / health situation ... it is part of you, you are not part of it
- Activity: Who are you? What other identities do you have that define who you are?

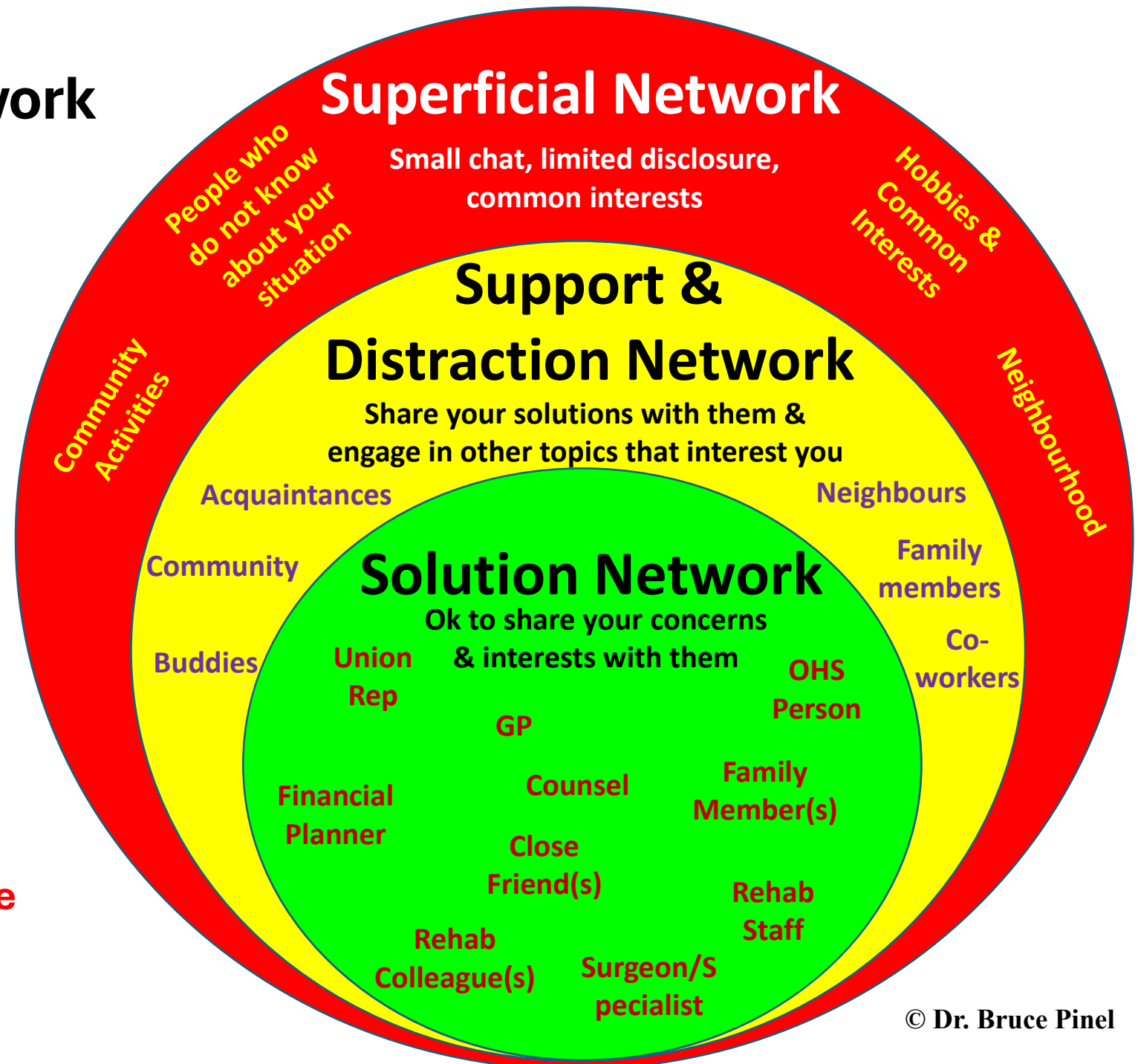
Who Am I? What Other Roles / Responsibilities / Identities Define Me?

Triaging Your Social Network



If your injury / health is always the focus of conversations it can be overwhelming

**Decide Who – What – When – Where
your injury & health is discussed**



[illegible]

Optimizing Social Interactions

- Boundaries on health discussions
- Expand your range of topics
- Be curious about the other person
- Build in social connections to other activities, eg driving
- Use technology to connect
- Express gratitude

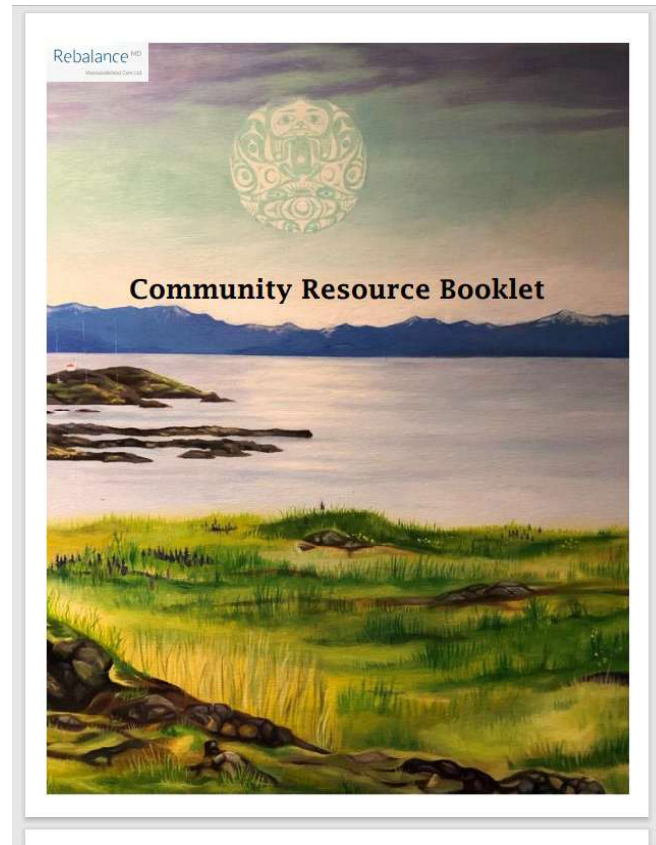
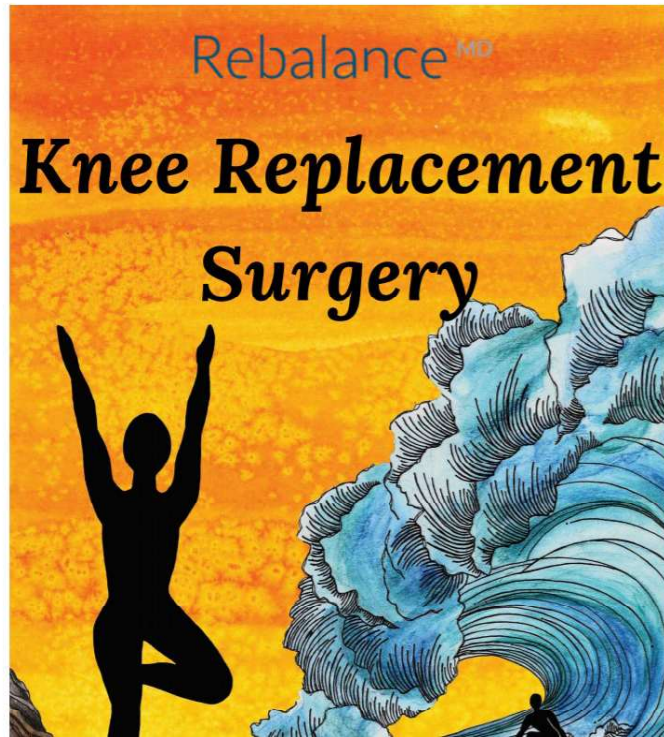




KEEP
CALM
BATHROOM BREAK
IN
PROGRESS

600 x 700

KeepCalmAndPosters.com



Supports Around the Time of Surgery

No Act of KINDNESS

< however small >
Is Ever Wasted.

-Aesop



Having a Plan Worksheet

Please review this form prior to your Intake Appointment with your Navigator

Making sure that you are prepared for surgery is important to help you have a successful recovery.

Here are a few things you need to consider so that you can start creating a plan for after surgery.

1. **Stairs**: How many stairs are there outside the home? Inside the home? Is there a railing?
2. **Help**: Who will help after surgery with **chores** such as cooking, cleaning, laundry, grocery shopping etc. Who can help you after surgery?

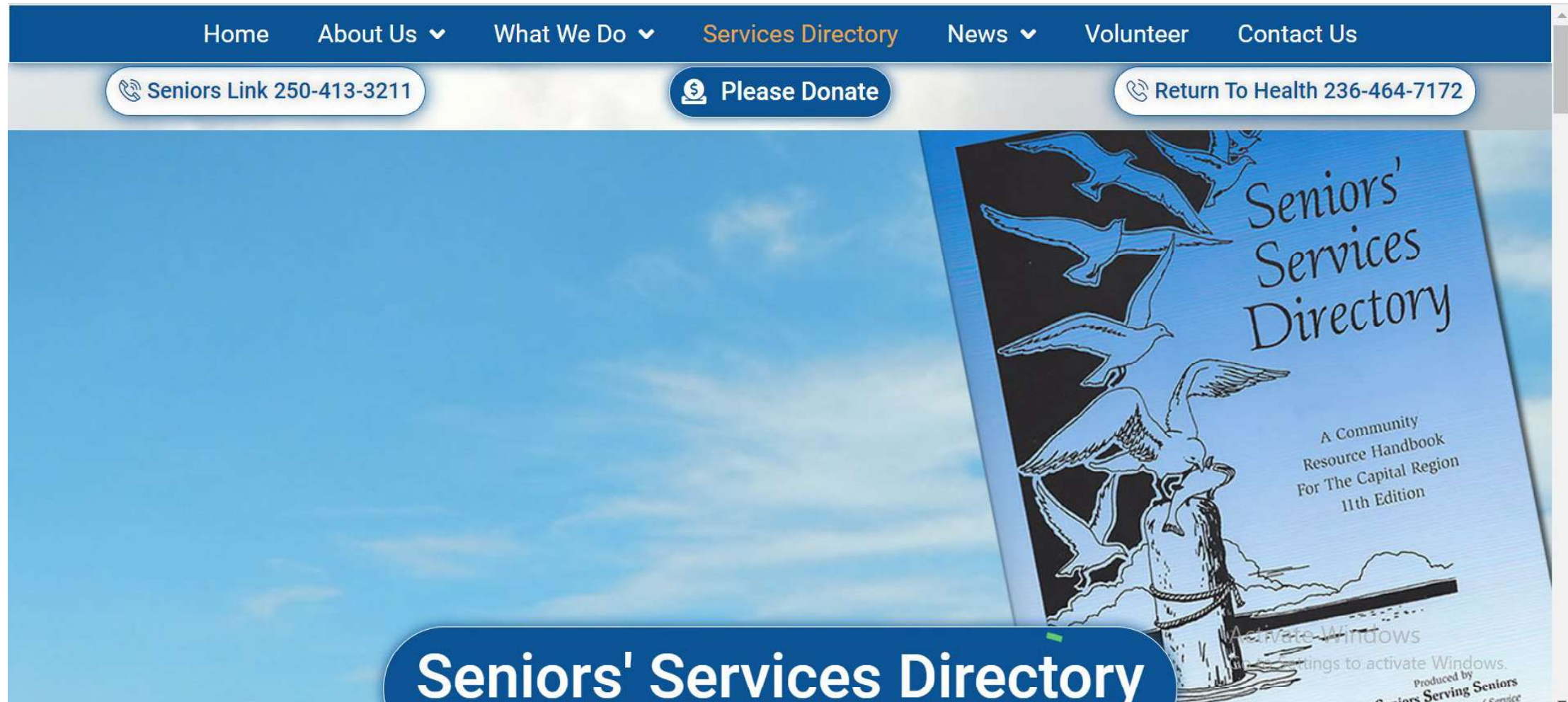
PLEASE NOTE: For elective surgeries (all pre-booked surgeries such as the one that you are having), the hospital does NOT arrange post-operative help, such as home care. You will need to make your own arrangements prior to having the surgery. Notify your Navigator if you would like a Victoria Community Resource booklet that lists private, fee-based home care and respite options.

Please be aware that you will still be discharged from hospital when you are medically stable and able to mobilize. You will still be discharged if you do not have a plan.

3. **Transportation**: Who will pick you up at the hospital? Who will drive you to follow up appointments with your surgeon and physiotherapy?
4. **Physiotherapy**: Physiotherapy AFTER surgery is free at RebalanceMD, the Saanich Peninsula Hospital and most Island Health hospitals outside of Victoria. You are welcome to attend a private physiotherapy clinic but you will be responsible for covering the fee.
5. **Medical Equipment**: Please review the Equipment section on page 18 to review the items you already own and what you will need to acquire. You will discuss this with your Navigator during your intake appointment.
6. **House Set-Up**: Do I have a walk-in shower or do I need to step over a tub?
How tall is my toilet? Do I have supports to push up on beside my toilet?
How is the height of my bed?

Seniors Serving Seniors

<https://sssbc.org/service-directory/>
250-413-3211



Session 5: Social Supports

Reminder about the importance of social supports and different types of supports

Understand your support network and how to draw on it and bolster it

Think about what supports you will need around the time of surgery

There are private supports available if needed

Forgiveness & Metta Meditation



Invitation to Practice

Daily meditation practice 15-20 minutes

Walking Meditation

Forgiveness & Metta Meditation

Social Networks and Self Identity Reflection

Have a Plan

Session 7

Sleep

Introduction to the Biology of Sleep

Social Supports Check In

Box Breathing

Sleep Hygiene & Biology of Sleep Dr.
Bruce Pinel

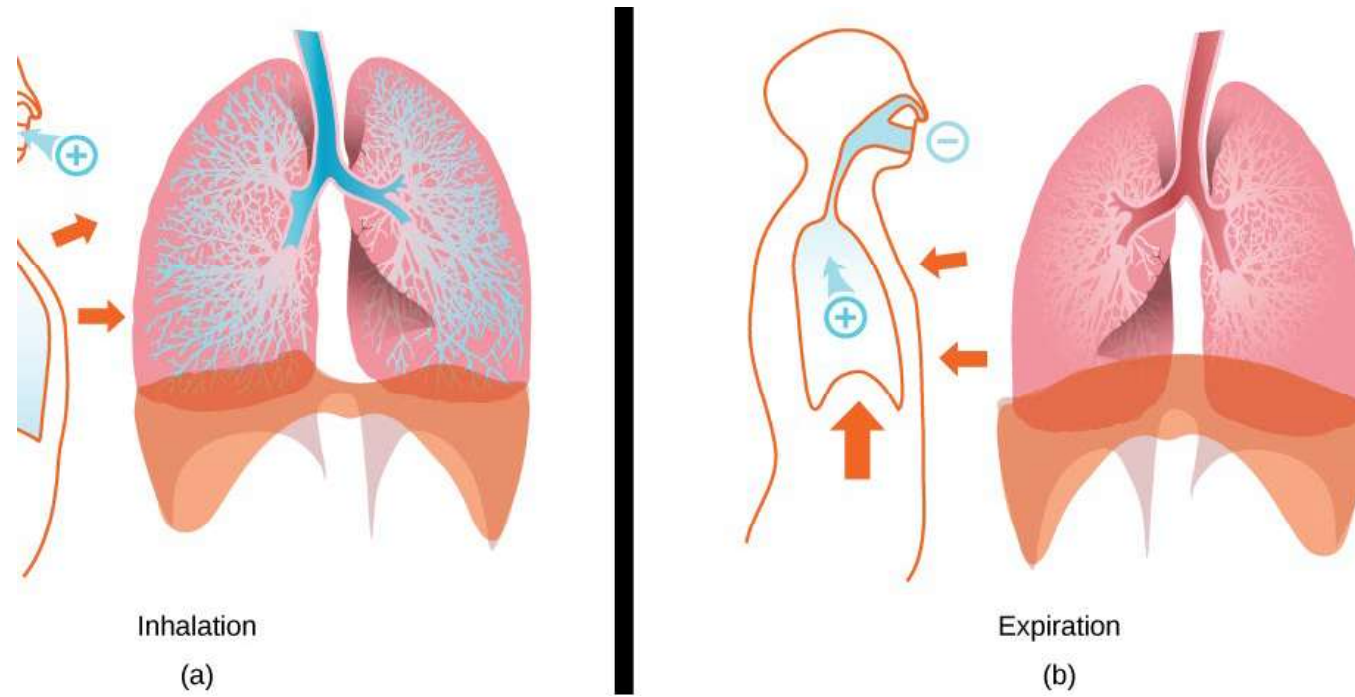
Progressive Muscle Relaxation

Meditations & Practices for Sleep

The Relaxation Breath

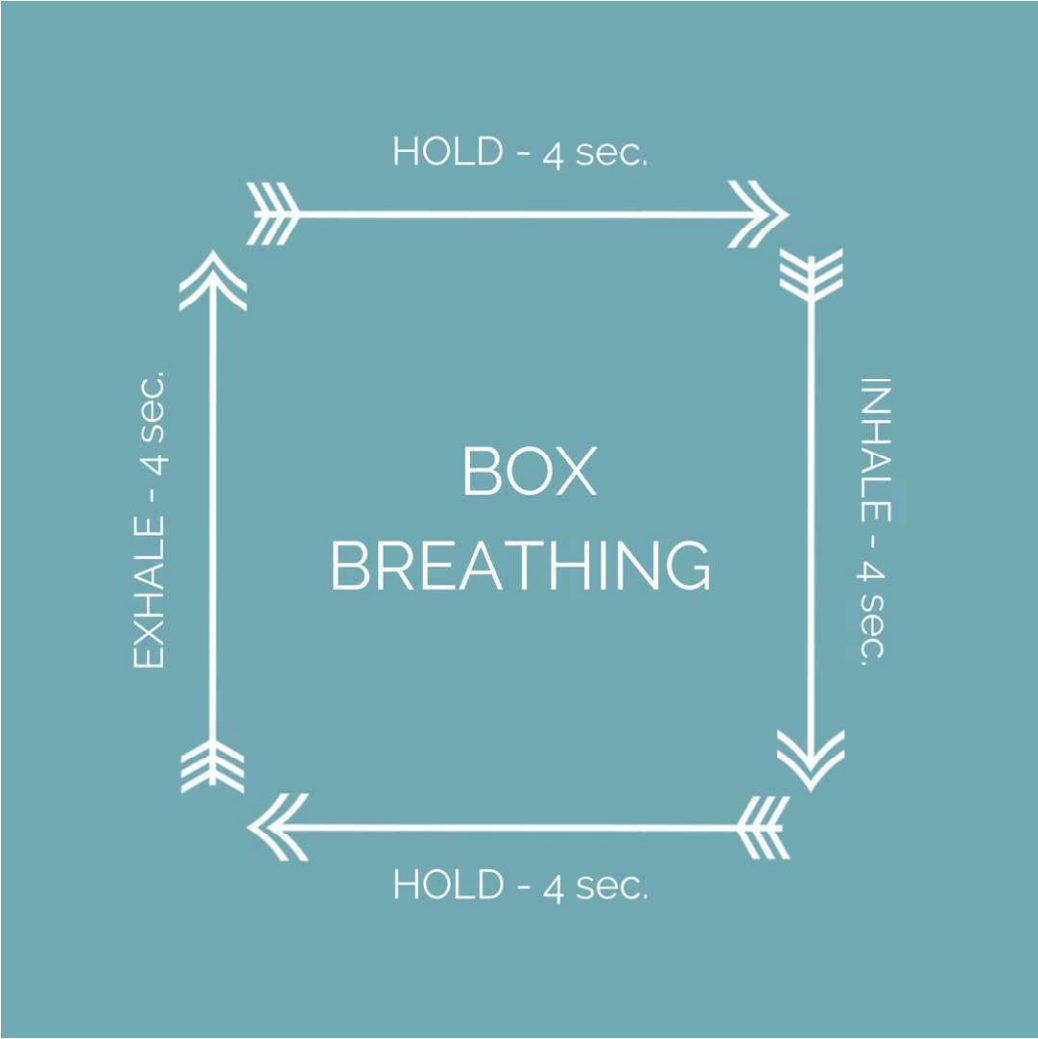
Check-In

Send us a note in the comments if you wish to
privately communicate something



Diaphragmatic Breathing

Box
Breathing





5-4-3-2-1 Grounding Meditation

5: Notice **FIVE** things
you SEE around you

4: Notice **FOUR** things
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FEEL around you.

3: Notice **THREE** things
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you can TASTE.



Sleep Hygiene



**for Health &
Wellness**

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www.drbrucepinel.ca

Session 7: Sleep



Sleep has is vital role in our body's functioning



Sleep can be optimized by changing the internal environment



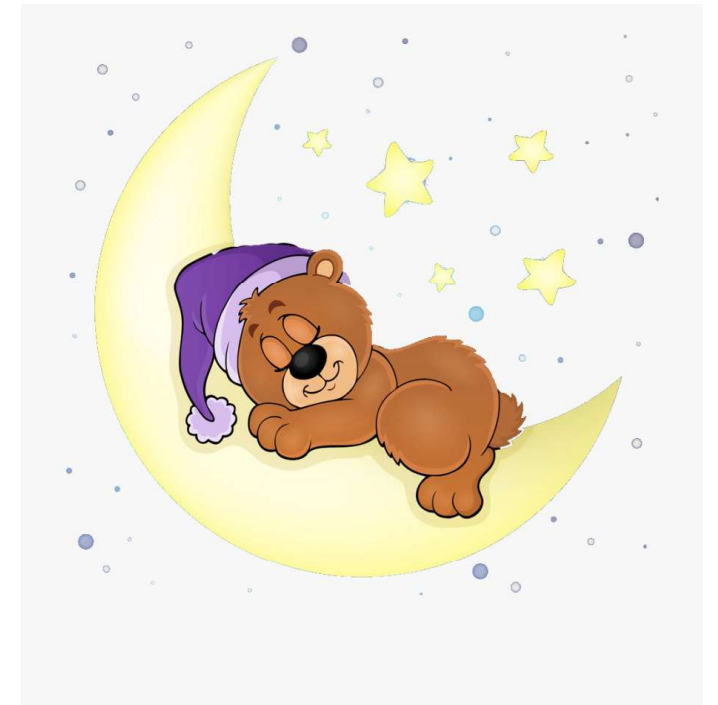
Sleep can be optimized by changing the external environment



Morning & Bedtime routines help prepare the body for activity or rest

Sleep Hygiene for Health & Wellness

- Sleep – Key Considerations
- Circadian Rhythm & Sleep-Wake Cycle
- Creating Optimal Sleep Environments
- Bed-time Routines & Morning Routines



Obstructive Sleep Apnea-

www.stopbang.ca

Screening

STOP-Bang Questionnaire

Is it possible that you have ...
Obstructive Sleep Apnea (OSA)?

Please answer the following questions below to determine if you might be at risk.



Yes
☐

No
☐

Snororing ?

Do you **Snore Loudly** (loud enough to be heard through closed doors or your bed-partner elbows you for snoring at night)?

Yes
☐

No
☐

Tired ?

Do you often feel **Tired, Fatigued, or Sleepy** during the daytime (such as falling asleep during driving or talking to someone)?

Yes
☐

No
☐

Observed ?

Has anyone **Observed** you **Stop Breathing** or **Choking/Gasping** during your sleep ?

Yes
☐

No
☐

Pressure ?

Do you have or are being treated for **High Blood Pressure** ?

Yes
☐

No
☐

Body Mass Index more than 35 kg/m²?

Body Mass Index Calculator

☐ cm / kg ☐ inches / lb

Height:

Weight:

Calculate

BMI:

Yes
☐

No
☐

Age older than 50 ?

Yes
☐

No
☐

Neck size large ? (Measured around Adams apple)

Is your shirt collar 16 inches / 40cm or larger?

Yes
☐

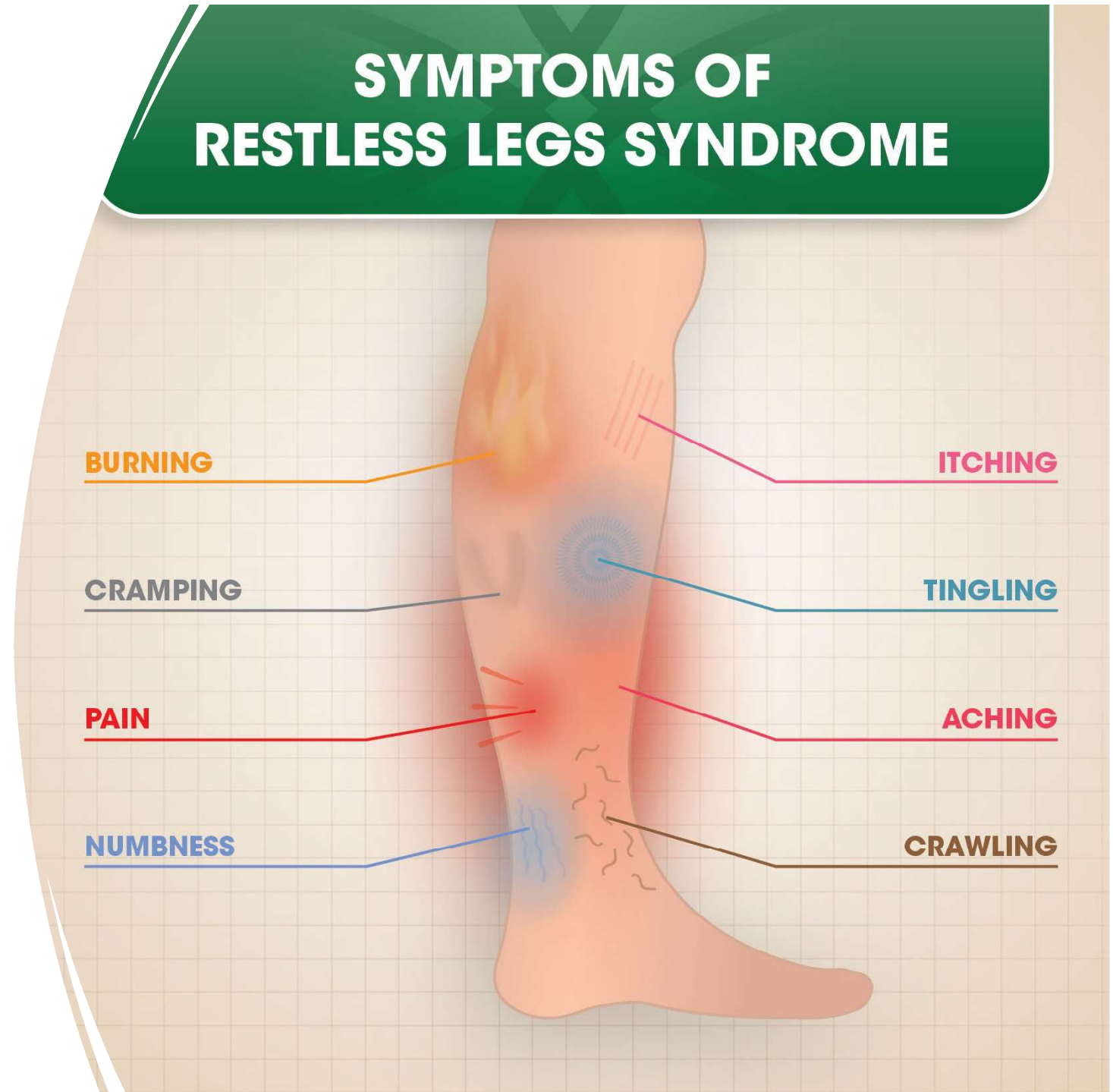
No
☐

Gender = Male ?

See Result

Restless Leg Syndrome

- Common sleep disruptor
- Many factors that help sleep will help restless legs
- Some medications can benefit some patients



Sleep – Key Considerations

- 8hrs +/- per night on average sleeping = **1/3 of your life in bed!!!**
- Sleep is an essential component of overall functioning, contributing to:



MIND

- Enhanced cognitive function



BODY

- Improved healing & tissue repair



MOOD

- Better mood states and ability to handle stress

Is there a
problem
with my
sleep? Can't
I just take a
sleeping
pill?

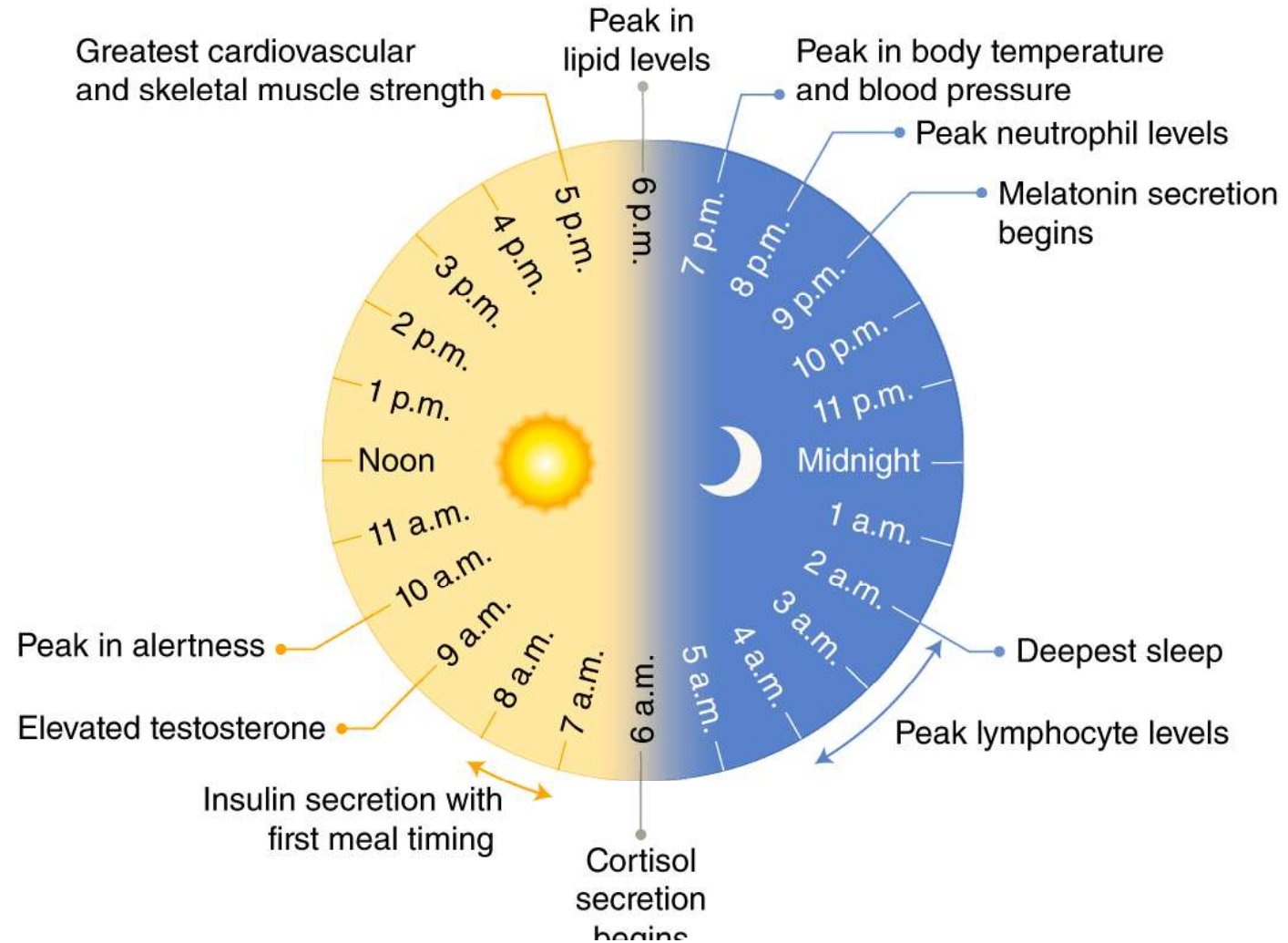
If you wake up each morning feeling refreshed and ready to start your day, then your sleep patterns / management is fine

Low-tech & pragmatic solutions must be explored around behaviour change and environmental restructuring, prior to resorting to sleep medication

Sleep medication has its place, but not in lieu of addressing sleep hygiene factors first

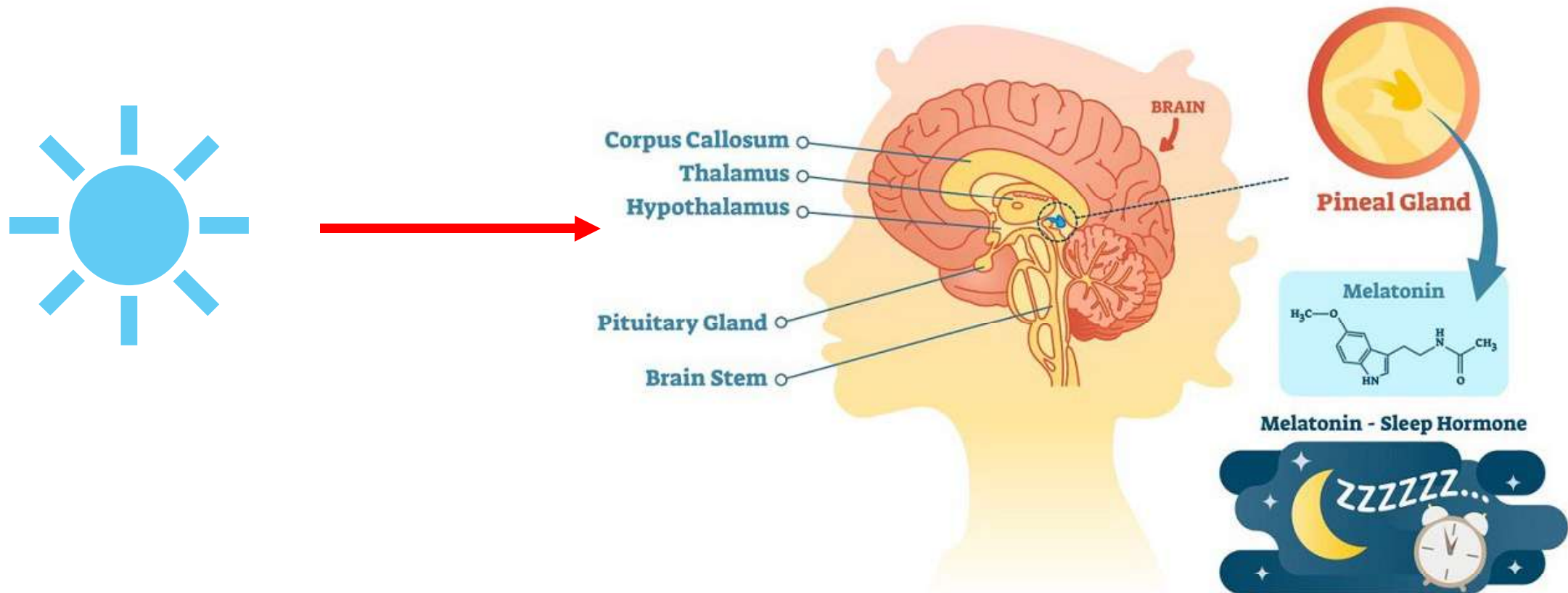
Circadian Rhythm & The Sleep-Wake Cycle

- Circadian Rhythms your body's 24hr cycle and reflects sleep-wake-function
 - It relies on patterns – light, food, exercise, hormone secretion, etc.



Melatonin & the Pineal Gland

PINEAL GLAND



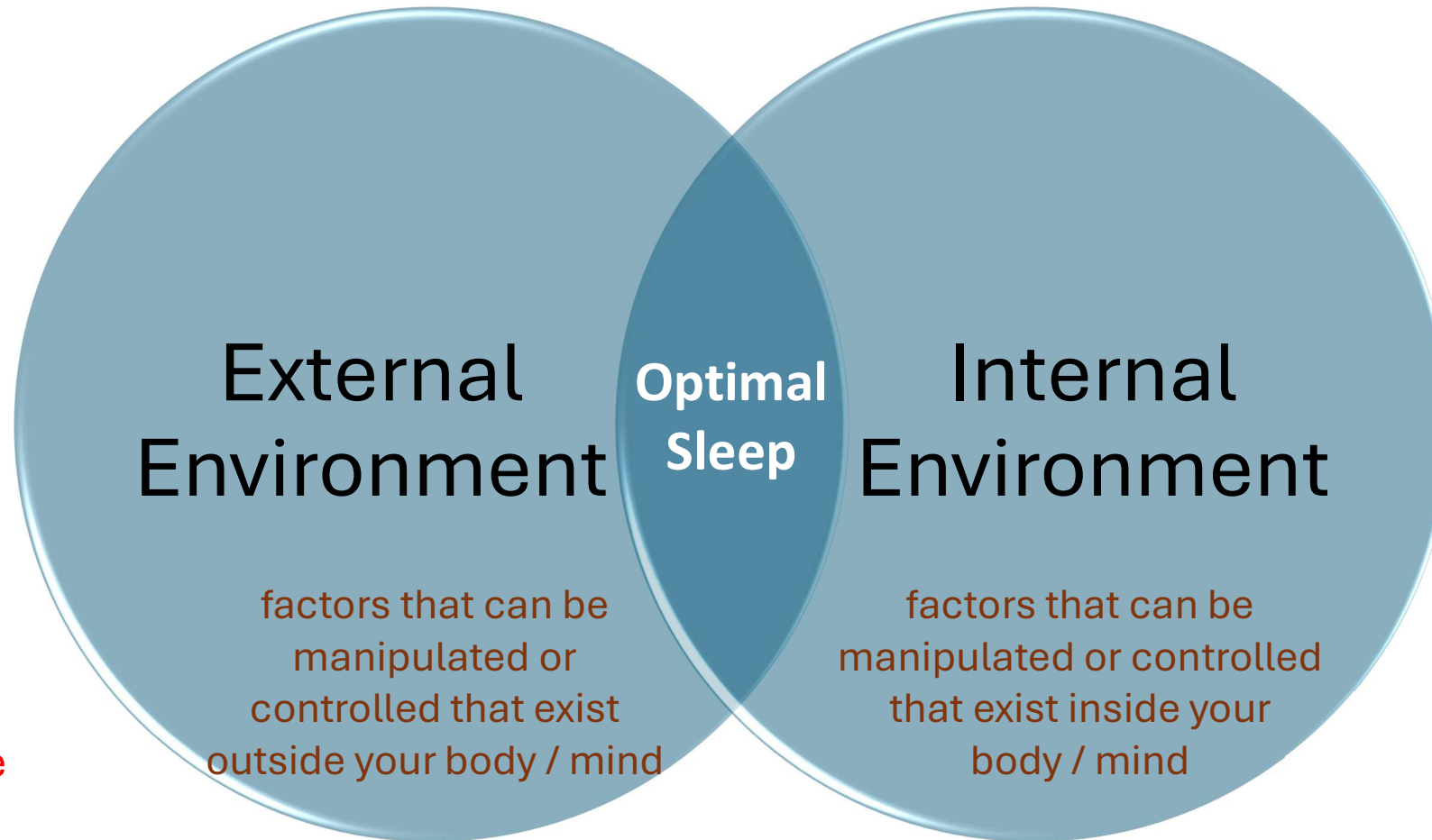
Consistent Bedtimes are not just for Kids

- A consistent bed-time allows your body's circadian rhythm to be effective and to optimize function (physical, cognitive, emotional)
- Staying up or sleeping-in several hours later than normal can create effects similar to jet-lag and interrupts your circadian rhythm



The Two 'Environments' Affecting Sleep

- Noise
- Light (general)
- Blue Light (specific)
- Visual Distractions
- Temperature
- Bed & Pillow
- Planning with Family
- 'Travel Kit' when Away from Home

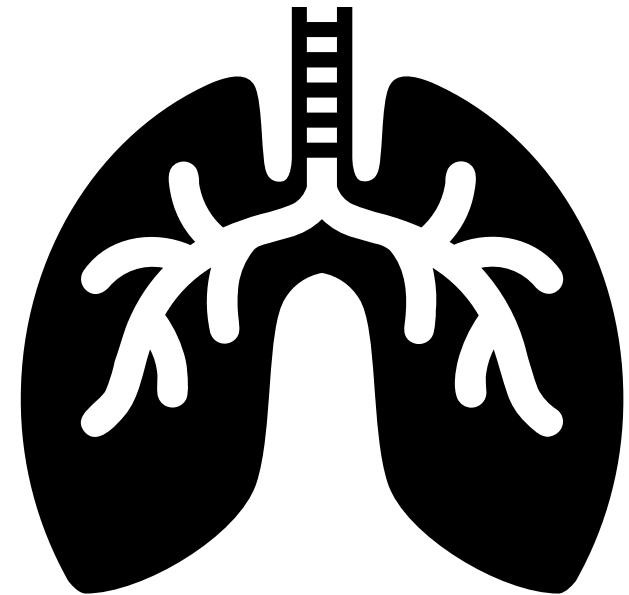


- Nutrition, Medication, Supplements
- Alcohol
- Hydration
- Emotions
- Cognitive Activation
- Physiological Activation
- Breathing Technique
- Mental Focus
- Circadian Rhythm
- Bed-Time & Morning Routines

- **Goal: Properly plan for sleep ... don't leave it to chance**

Using Mindfulness Meditation to Improve Sleep

- Teaches the practice of activating the parasympathetic nervous system
 - Teaches us to activate the “rest and digest” system
 - Reduces cortisol, heart rate, blood pressure
- Harvard Study showed Mindfulness Meditation superior to Sleep Education to improve insomnia
 - Recommended dose: daily, 20 minutes **BUT EVERY BREATH HELPS**



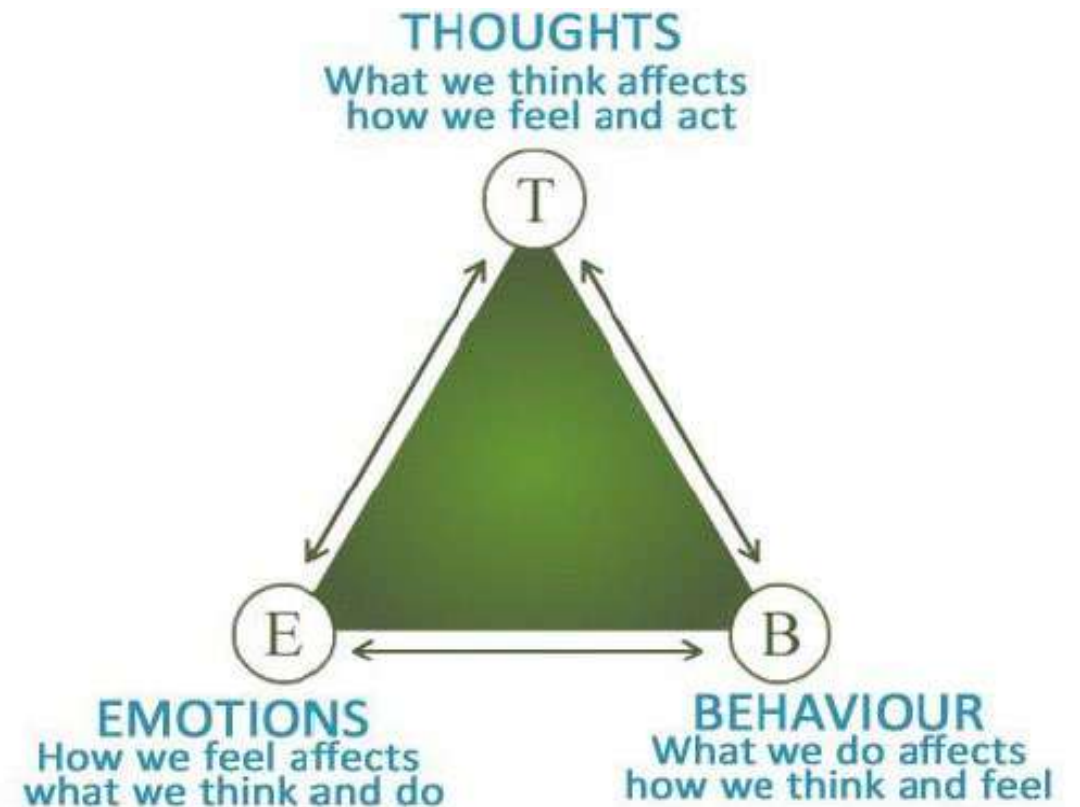
Mindfulness Techniques for Sleep

- Meditate during the day to calm the nervous system
- Body Scan
- Relaxation Breath
- Progressive Muscle Relaxation (Will teach today!)
- Metta Meditation
- Mantra/Repetitive Phrases
- Mental Arithmetic?



Using Cognitive Behavioural therapy Skills to Improve Sleep

- Examine your thoughts/feelings/actions around sleep
- What stories do you tell yourself around sleep?
 - Catastrophizing: If I don't fall asleep, I'm going to have an awful day tomorrow.
 - Black & White Thinking: I will never fall asleep tonight with all this rainy weather
 - If I don't sleep, _____ will happen
 - Change the behaviour
 - Clock
 - Bed for sleep



[https://mind-
space.ca/offerings/](https://mind-space.ca/offerings/)

CBT- Insomnia group

CBT Skills for SLEEP

Worry Time

Gratitude Lists

Stop Spot Swap

CBT-I programs: MySleepWell, Sleepio

Sleep and Arthritis

- Timing of pain medications
 - Plan medications around known times of sleep disturbance due to pain
 - Consider longer acting medications such as Tylenol Arthritis, Advil 12hr
- Pillows
- Gentle stretches
- Heating pads, hot bath
- Topicals – menthol
- Mattress
- Any other helpful tips?



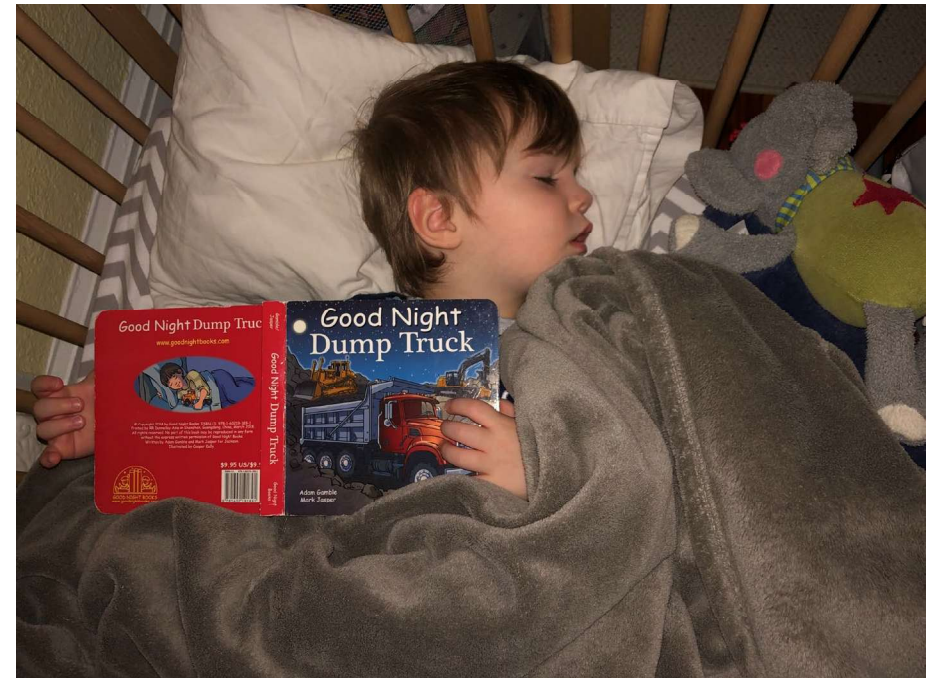
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SLEEP GEAR

- Pillows mattress bolsters and wedges
 - Headphones, smart speaker, SleepPhones
 - Apps: meditations or sleep stories (turn down the light)
 - Warm packs, cold packs, topicals
 - Nightlights to bathroom
 - Earplugs, sleep mask, Nitehood, blackout blinds
 - White or pink noise, fan, nature sounds, music, relaxation playlist
 - Dawn Simulator light, dimmer lights
 - Sleep socks
 - Sleep scents – e.g lavender
- 
- Four blue curved lines of varying lengths and orientations, arranged in a diagonal pattern from the bottom right towards the center of the slide.

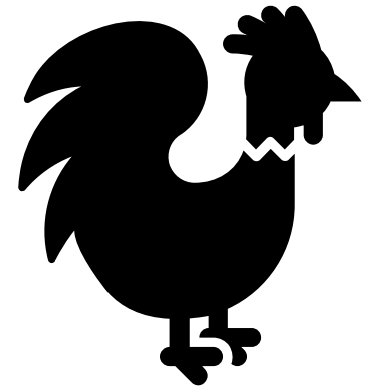
Bed-Time Routine: begins 20-30 min prior to lights out

- Involves turning things off, away
- recording key points about things to do tomorrow
- writing in your Gratitude Journal
- Bathroom routine
- Timed medication
- Gentle stretching
- Breathing or Meditation
- Reading for pleasure in bed



Morning Routines

- Develop a morning routine that resembles 'normal' steps prior to going to work / starting your day, even if you have an open schedule
- Rise at around the same time daily
- Involves stretching, exercise, shower, grooming, breakfast, newspaper, brush teeth, 'day' clothes ... get out of PJ's





NAPS: Pros and Cons

- PROS: more rested in day, rest for sore joints
- CONS: may delay or shorten nighttime sleep, may shift timing of sleep (phase shift)
- Nap guidelines:
 - Short – 15-30 min
 - Early – complete by mid afternoon
- Meditation may be as good as a nap!



KEEP
CALM
BATHROOM BREAK
IN
PROGRESS

600 x 700

KeepCalmAndPosters.com

Sleep Factors	How Can I Optimize this Part of My Sleep Environment?
Noise	
Light (general)	
Blue Light (specific)	
Visual Distractions	
Temperature	
Bed & Pillow	
Planning with Family	
‘Travel Kit’ when Away from Home	
Nutrition, Medication, Supplements	
Hydration	
Emotions	
Cognitive Activation	
Physiological Activation	
Breathing Technique	
Mental Focus	
Circadian Rhythm	
Bed-time & Morning-Time Routines	

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Progressive Muscle Relaxation

- Gentle contraction and relaxation of muscles and body scan
- Promoted by Dr Jacobsen starting in 1910s
- <https://www.bbc.com/news/magazine-34714591>
- Can be done in sequence of 3:
 - Firm contraction
 - Gentle contraction
 - Body scan

Progressive Muscle Relaxation Contraction Sequence: contract for 5 seconds, then relax for 10

- Right fist, left fist
 - Right biceps, Left biceps
 - Right triceps, Left triceps
 - Eyebrows up to forehead
 - Screw/scrunch the eyes
 - Clench the jaw
 - Tongue to the roof of the mouth
 - Shrug the shoulders
 - Deep breath in - chest
- Abdominal muscles- draw belly to spine
 - Low back: arch away from chair/bed
 - Buttocks & Thighs (L & R together)
 - Point Ankles down (L & R together)
 - Pull ankles up (L & R together)
 - Curl toes (L & R together)

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Invitation to Practice

Daily meditation practice 15-20 minutes

Progressive Muscle Relaxation

Diaphragmatic Breathing

Sleep Environment Worksheet

Plan your Bedtime and Morning Routines

Gratitude Journaling



PROP Session 8: YOUR Optimization Plan



Guided Meditation



What Take Home Messages
Did you get?

What Take Home Messages
Did we want you to get?



Your Optimization Plan



Your Resilience Toolkit



Mountain Meditation

Mountain Meditation



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Meditation



Session 1: Mindfulness



Resilience is our ability to cope during adversity. We can increase our resilience



A very active, or stressed nervous system has health & immune consequences



Mindfulness Meditation practice can calm the nervous system

Session 2: Cognitive Behavioural Therapy



Our thoughts, feelings and actions are strongly interrelated



Our thoughts can be distorted and lead to feelings and actions that don't serve us.



We can identify thought distortions and swap them out with more serving thoughts that can change our feelings and behaviours



Budhha's second arrow often causes greater pain than the first

Session 3: Pain Mindset



Tissue damage in arthritis



Pain medications



Pain does not directly correlate with tissue damage



There are many factors that can influence the perception of pain.



We can dial up or dial down our pain by recognizing those factors



Sometimes avoidance of pain doesn't serve us

Session 4: Surgical Nutrition



Surgery is a Stress to the Body



Protein intake before and during after surgery helps optimize outcomes



Understanding of sources of protein, when and how much to eat



Consider carbohydrate loading night before surgery (unless diabetic!!)



Mindful Eating

Session 5: Physical Activity and Prehabilitation



Motion is Lotion



Presurgical rehabilitation helps improve recovery



Options for gentle activity before surgery



Pacing is key



Practice Postsurgical exercises pre surgery

Session 6: Social Supports



Social and Emotional Supports
are vital to wellbeing, especially
around times of stress



Understanding the value of and
how to foster our identities
outside of disability



Understand the differences
between the Solution, Support
and Superficial Networks

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PROP Domains of Presurgical Optimization

Evaluate your own optimization across the domains. Are there areas in which you require more optimization than others? What is the most important change for you to make? What areas are already optimized?	
Calm Mind & Body: Mindfulness Meditation	Strong Mind: Cognitive Behavioural Therapy
Pain Environment & Pain Mindset	Sleep
Physical Activity & Prehabilitation	Pre & Post Surgical Nutrition
Social Supports	Medications
Medical Support Team	Other Personal Domains
SMART GOALS	
Specific: What do I want to achieve? Measurable: How will I know if I have achieved it? Attainable: Is this a realistic goal? How will I get there? Relevant: Why is this important to me? Timely: By when or when will I do this?	

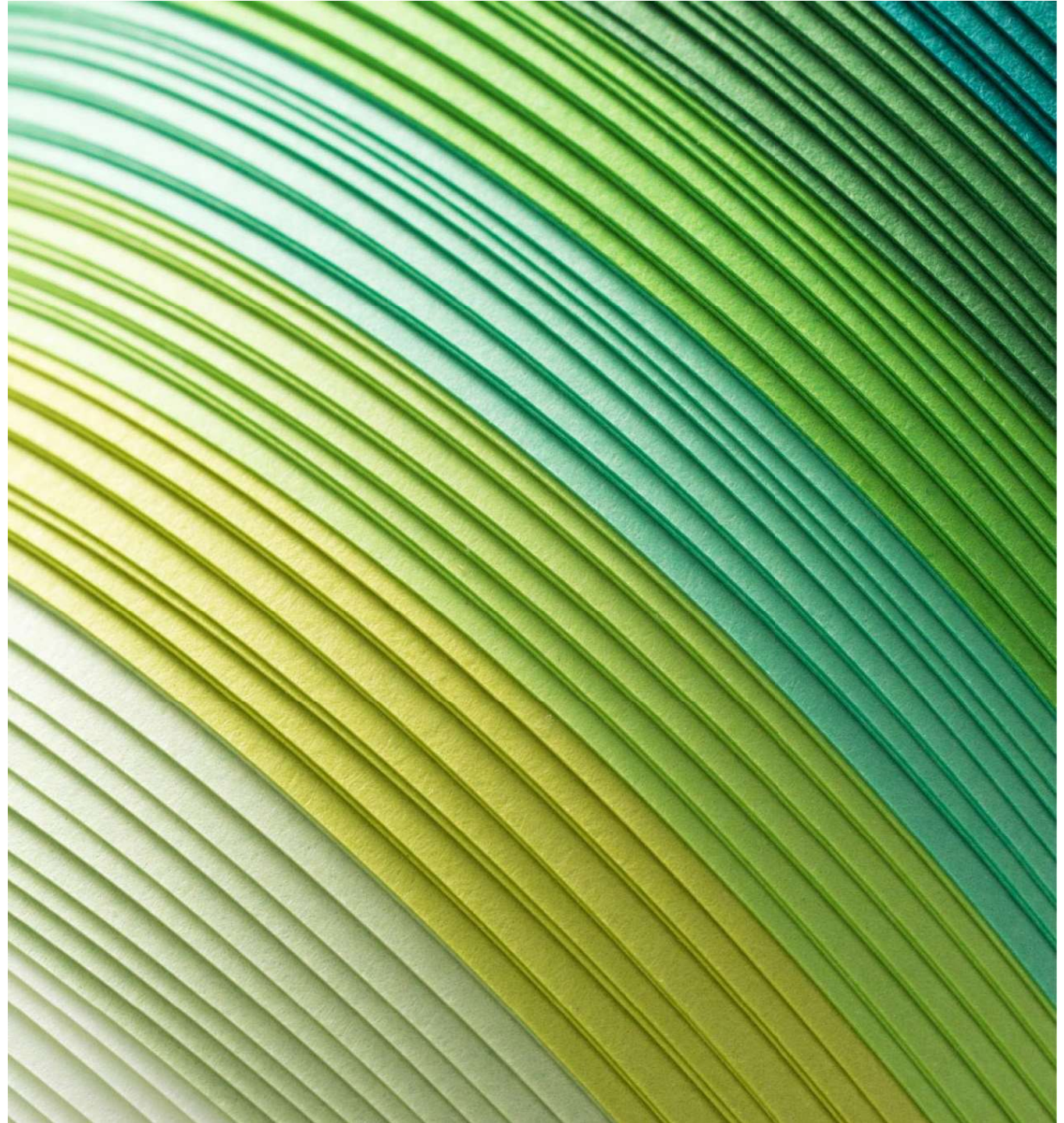


KEEP
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BATHROOM BREAK
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Check In





Thank you & Be Well

- Thank you for sharing this journey with us
- Follow up phone call with Dr Johnsson
- Follow up Questionnaires
 - Post programme questionnaires
 - Compares scores to baseline
 - Used to help validate the programme
- Anonymous Feedback
 - An opportunity to tell us what worked for you and what didn't

