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About Your Osteoarthritis (OA) Program

What is your Osteoarthritis (OA) Program?

Your OA Program is a comprehensive program that includes your treatment plan provided by your physician, along with further education and guidance from your therapy team, registered dietitian, and clinical psychologist. All of these services will be offered to you to help you reach the optimal outcome for your OA.

What is the process for starting your OA Program?

Your physician will discuss with you your treatment plan which may include medication and/or various types of injections, and potentially surgery. Referral orders for therapy, meeting with a registered dietitian, and clinical psychologist will also be initiated. Once you have your initial evaluation with each discipline, they will develop an individual program for you.

What will be included in the therapy program?

Exercise and rehab have become the recommended first-line intervention for your OA. Your therapist will develop a program which may include aquatic therapy, metabolic testing/exercise program, and land therapy. Aquatic Therapy is an excellent tool to utilize and help relieve pain during therapy. The metabolic test is completed on a stationary bike where your heart rate will be monitored. Your therapist will guide as you develop metabolic goals for you to achieve throughout your time in therapy. A heart rate monitor will be available for purchase for home use in conjunction with your SMART phone to help you reach your exercise goals. Our physical therapists will implement proper techniques to increase range of motion, improve functionality, and reduce pain during land therapy.

Why do I need to see a clinical psychologist?

Dr. Neil Jepson is a licensed clinical psychologist specializing in the psychological assessment and treatment of trauma, anxiety, stress, chronic pain, and health-related issues. He shares the goal with your physician that the treatment provided should be to achieve optimal functioning for each individual. Emotional health and physical health impact each other in significant ways. Psychological intervention can help you reach an optimal outcome by improving your ability to cope with the effects of chronic pain, and in some cases, reduce your experiences of symptoms.

Why is weight loss and exercise necessary to help reduce my joint pain?

Excess weight puts a tremendous strain on a person's bones and joints. Did you know that every extra pound of body weight puts an additional four pounds of pressure on each knee joint? A person that is ten pounds overweight adds forty pounds of pressure on their knees. The more obese the person is, the higher risk they are for complications for surgery like infections, blood clots, and dislocations of the replacement joints. Weight loss can decrease these risks and offer an overall improved quality of life. The Registered Dietitian will tailor an individual nutrition plan and provide nutritional advice. The goals they help set for you will align with your exercise program as recommended from your therapist.

Are there other resources available to me?

Check your insurance benefits in regards to care coordinators to assist with finding helpful resources, fitness allowance programs, and other tools to help keep you on track.

Carle Health & Fitness Center (CHFC) Exercise Is Medicine (EIM) Program provides discounts to patients who are referred to the program from physical therapy. Our therapy department frequently refers patients to the EIM program as they progress with therapy, but need to continue with their fitness plan.

Our Mission at MCO is to improve the health and lives of our patients and return them to the life they love.