



SUMMIT ORTHOPEDICS OF TEXAS

SUMMIT ENHANCED RECOVERY PROGRAM (SERP)[™]

Evidence-Based Recovery,
Personalized Care,
Exceptional Outcomes.



Your Recovery Begins *Before Surgery*

Joint replacement surgery is more than a procedure, it is a journey.

At Summit Orthopedics of Texas, we've developed the Summit Enhanced Recovery Program[™] (SERP) to guide you through every step of that journey.

SERP is modeled after the internationally recognized Enhanced Recovery After Surgery (ERAS[®]) philosophy—an evidence-based approach used by leading hospitals around the world to improve recovery through patient education, optimized pain management, early mobility, and coordinated postoperative care.

We've expanded those principles into a comprehensive outpatient joint replacement program designed specifically for our hip and knee replacement patients.

Why Choose *SERP*?

SERP combines advanced surgical technology, personalized recovery planning, home recovery equipment, and digital rehabilitation into one coordinated recovery experience.

Our goal is to help you:

- ✓ Recover with greater confidence
- ✓ Better understand each phase of recovery
- ✓ Improve comfort during the healing process
- ✓ Safely return to daily activities
- ✓ Stay connected with your orthopedic team





What's Included

Precision Surgical Technology

When clinically appropriate, your surgeon may utilize advanced robotic-assisted technology to assist with surgical planning and implant positioning.

Benefits may include:

- ✔ Personalized surgical planning
- ✔ Improved implant positioning
- ✔ Precise bone preparation
- ✔ Individualized soft tissue balancing

Enhanced Recovery Equipment

Premium Cryotherapy System

Continuous cold therapy designed to reduce pain and swelling while improving comfort during the early stages of recovery.

Home Compression Device

A pneumatic compression system designed to promote healthy circulation, reduce postoperative swelling, and support recovery.

Digital Recovery Program

Recovery continues well beyond surgery. SERP includes enrollment in a personalized app-based rehabilitation program featuring:

- ✔ Guided physical therapy exercises
- ✔ Daily exercise reminders
- ✔ Step-by-step instructional videos
- ✔ Progress tracking
- ✔ Recovery milestones
- ✔ Educational content
- ✔ Ongoing guidance throughout recovery

Personalized Recovery Education

Before surgery, you'll receive educational resources to help prepare both you and your home for recovery.

Topics include:

- ✔ Preparing for surgery
- ✔ Home safety recommendations
- ✔ Recovery expectations
- ✔ Activity progression
- ✔ Home exercise instruction
- ✔ Recovery milestones

Our Commitment

Every patient deserves more than a successful operation. Our commitment is to provide the education, technology, recovery resources, and personalized support needed to help you achieve the safest, most comfortable, and most successful recovery possible.

Dedicated Recovery Coordinator

You'll have access to additional recovery support throughout your postoperative journey. Your Recovery Coordinator can assist with:

- ✔ Recovery check-ins
- ✔ Answering recovery questions
- ✔ Coordination of postoperative care
- ✔ Guidance throughout the healing process

Your Recovery Timeline

Before Surgery

- ✔ Patient education
- ✔ Home preparation
- ✔ Personalized surgical planning
- ✔ Enrollment in the Digital Recovery Program

Day of Surgery

- ✔ Evidence-based surgical care
- ✔ Advanced surgical technology when appropriate
- ✔ Early mobilization

Weeks 1-2

- ✔ Cryotherapy
- ✔ Compression therapy
- ✔ Guided rehabilitation exercises
- ✔ Recovery education

Weeks 2-6

- ✔ Progressive strengthening
- ✔ Mobility improvement
- ✔ Functional recovery milestones
- ✔ Continued digital rehabilitation

Weeks 6-12

- ✔ Return to everyday activities
- ✔ Continued exercise progression
- ✔ Long-term recovery guidance

Is SERP Right for Me?

SERP has been developed for patients undergoing:

- ✔ Total Knee Replacement
- ✔ Partial Knee Replacement
- ✔ Total Hip Replacement

Your surgeon will determine whether SERP is appropriate based on your procedure and individual recovery plan.



Summit Enhanced Recovery Program™ (SERP)

Evidence-Based Recovery. Personalized Care. Exceptional Outcomes. For more information, please speak with your surgeon or a member of our orthopedic team.

