

# Stamp Out Stiffness

**Physician Lead:** *Dr. Steven Krywulak*

## Goals

- Overhaul the pre-operative teaching of patients regarding risks of stiffness, causes and how to avoid the problem.
- Design a post-op pain control algorithm with avenues to escalate pain medications/ treatments more easily.
- Collaborate with Divisions of Family Practice and engage them as partners.

## Outcomes

- Improve patient teaching and post-operative outcomes for all patients over a variety of surgeries.
- Improved collaboration with family physicians, physio, administration and anesthesia partners.

**Budget approved: \$20,000**