

Information for patients and families

Total Joint Replacement Class

Who?

This class is for those already scheduled for joint replacement surgery, or inquiring about the surgery. It is for both patients and family or friends who will help care for the patient after surgery. It is really important that you and your family attend one of these classes if at all possible. This class helps you prepare for your hip or knee replacement surgery and makes your hospital stay, discharge and recovery smoother when you know what to expect.

What?

Topic to include:

- How to get in shape with equipment and exercises.
- How to prepare your home.
- What to expect while in the hospital settings.
- Discharge therapy routines and follow up visits.

When?

First and Third Tuesday of each month

Time: 1:30pm to 3:30pm

Where?

- Anschutz Outpatient Pavilion (AOP) – Second Floor – Room 2005 (Take the same set of elevators you use for the Orthopedic Practice to the second floor-room is near public restrooms)
- If needed, you can get wheelchair transport from Guest Services located at the main entrance and don't forget to take advantage of the FREE valet parking services.

Cost?

This is a free class, no need to register. Just come to the class that is best for you or your family.