



Total Joint Replacement Patient Education Class

Every Tuesday | 9:30 to 11:30 a.m.
UCHealth Highlands Ranch Hospital
Summit A and B Conference Rooms (ground floor)
1500 Park Central Drive
Highland Ranch, CO 80129

Register at:

www.uchealth.org/hrh

Click on "Classes & events" in the upper right hand corner
Select "Orthopedic" and "Highlands Ranch" to find a class

Who should come to joint replacement class?

This class is for those people already scheduled for joint replacement surgery, or inquiring about the surgery. The class is for you and your joint replacement coach (family member, friend, significant other) who will help care for you after surgery. Your surgeon has asked that you attend class to help you prepare for your surgery, hospital stay, and discharge home.

Parking

When arriving for joint replacement class, please park on the lower level of the parking garage. The garage is located on the southwest corner of the hospital campus and can be accessed via the main entrance. Please go to the glass sliding doors. The conference room will be on your right.

What to expect during class?

A team including nursing, physical and occupational therapy, respiratory therapy, and care management will present on several topics including:

- How to prepare for your surgery.
- How to prepare your home for your return after surgery.
- What to expect while you are in the hospital.
- Getting assistive devices such as crutches, a walker, or a cane.
- Pain management techniques.
- Physical therapy while you are in the hospital and after you discharge.
- How to care for yourself after you go home, and much much!