

SMMC Total Joint Replacement Class

We have designed a class for you to better understand your surgical procedure and our expectations during your hospitalization and recovery.

This class is designed to prepare you to optimize your recovery by providing education about pre-operative planning, what to expect during your hospital stay, including post-surgical care and how to improve your healing once home. The instructor is either an Occupational Therapist or Physical Therapist who has been working with people, just like you, in helping them getting back to being active again.

During the approximate hour and a half class, you will learn about the kind of surgery you may be having, the precautions involved, the type of equipment you may need to help you to get around and discharge options.

Patients have reported, after attending this class, they have a sense of “being better prepared” for surgery.

If you would like to join us, please call 283-7980 to register or if you would like further information. The current class schedule is listed below.

The information from this class and other educational videos are planned to be accessible on SMMC’s website (www.smmc.org) in the near future.

Sincerely,
The Rehab Staff at SMMC

2011 Schedule:

Jan 12 th 1pm to 2:30pm	Mar 23 rd 3pm to 4:30pm	Jun 8 th 1pm to 2:30pm	Aug 24 th 3pm to 4:30pm	Nov 9 th 1pm to 2:30pm
Jan 26 th 3pm to 4:30pm	Apr 13 th 1pm to 2:30pm	Jun 22 th 3pm to 4:30pm	Sept 14 th 1pm to 2:30pm	Nov 23 rd 3pm to 4:30pm
Feb 9 th 1pm to 2:30pm	Apr 27 th 3pm to 4:30pm	Jul 13 th 1pm to 2:30pm	Sept 28 th 3pm to 4:30pm	Dec 14 th 1pm to 2:30pm
Feb 23 th 3pm to 4:30pm	May 11 th 1pm to 2:30pm	Jul 27 th 3pm to 4:30pm	Oct 12 th 1pm to 2:30pm	Dec 28 th 3pm to 4:30pm
Mar 9 th 1pm to 2:30pm	May 25 th 3pm to 4:30pm	Aug 10 th 1pm to 2:30pm	Oct 26 th 3pm to 4:30pm	