

Total Joint Replacement Class

Now that you will be undergoing Total Knee or Hip Replacement surgery, we encourage you to attend a class that will provide you with information you need before surgery.

This class will be led by a registered nurse and physical therapist. The class will focus on activity and exercise, pain control, and prevention of blood clots. You will learn what to expect after surgery and how to prepare to return home.

Classes are offered 4 times each month. Dates are below:

March	Thursday, 03/05/20 12:30-2:30 pm	Monday, 03/09/20 4:30 - 6:30 pm	Tuesday, 03/17/20 12:30 - 2:30 pm	Wednesday, 03/25/20 4:30 - 6:30 pm
April	Monday, 04/06/20 4:30 - 6:30 pm	Tuesday, 04/14/20 12:30 - 2:30 pm	Wednesday, 04/22/20 4:30 - 6:30 pm	Thursday, 04/30/20 12:30 - 2:30 pm
May	Monday, 05/04/20 4:30 - 6:30 pm	Tuesday, 05/12/20 12:30 - 2:30 pm	Wednesday, 05/20/20 4:30 - 6:30 pm	Thursday, 05/28/20 12:30 - 2:30 pm
June	Monday, 06/01/20 4:30 - 6:30 pm	Tuesday, 06/09/20 12:30 - 2:30 pm	Wednesday, 06/17/20 4:30 - 6:30 pm	Thursday, 06/25/20 12:30 - 2:30 pm
July	Monday, 07/06/20 4:30 - 6:30 pm	Tuesday, 07/14/20 12:30 - 2:30 pm	Wednesday, 07/22/20 4:30 - 6:30 pm	Thursday, 07/30/20 12:30 - 2:30 pm

The surgical schedulers will contact you to schedule you for a class. If you have any questions, please contact the Orthopedic Clinic at **617-667-3940**. You are welcome to bring a family member or friend with you to class.

Classes are held in the **10 Stoneman Conference Room** in the Orthopedic Suite on the East Campus of BIDMC (330 Brookline Avenue, Boston, MA 02215). From the Feldberg Lobby please take the elevators to the 10th floor and go into the Orthopedic Suite.

All patients are expected to attend a class prior to their joint replacement surgery.

We look forward to seeing you there!