

**Joint ·Replacement Education Class  
(It's FREE)**

- Who:** Patients who are planning to have hip or knee replacement, and their family and or caregivers.
- When:** 2nd Tuesday of each month, 2:00 - 4:00 p.m.
- Where:** Community Memorial Hospital, 8th Floor
- How:** Please register by calling· 652-5063
- Speakers:** Surgeons, Physical Therapists, Occupational Therapists, Registered Nurses, and Nutritionists.

*Questions that will be addressed:*

- What actually happens during my surgery?
- What does the prosthesis that will be placed inside my body look and feel like?
- How much pain will I be in, and how is it relieved?
- How will my mobility be affected, and what's the general therapy process?
- What's a CPM (for those getting a knee replaced)?
- How can I best set up my home now, so life is easier when I get back from the hospital?
- What type of equipment will I most likely need?
- How can I tie my shoes, feed the dog, put my pants on, get in a car, etc. now I'll at I can't bend down for awhile (especially for hip replacements)?
- How long until I start to feel good?
- Are there any precautions from the surgery ...and what do these really mean for my every day life/activities?
- What healthy foods should I be eating to help speed up my recovery and my overall health and well being?