

Joint Replacement Class

Understanding the Joint Replacement Process *Preparing for Surgery & Recovery*



Facilitators:



Joshua Jacobson, Orthopaedic Nurse Practitioner &
Brianna Brophy, Orthopaedic RN Coordinator

Every 3rd Wednesday, 10:00 - 11:30 AM

AITKIN: Riverwood Healthcare Center, Room C & D

WHAT YOU WILL LEARN:

- Common signs & symptoms of hip & knee arthritis.
- Treatment options for hip & knee arthritis.
- What to expect before surgery, during your hospital stay & after discharge from the hospital.
- Treatments for pain or discomfort that you may experience after surgery.
- How to prevent complications after surgery.
- A Physical Therapist will discuss exercises for you to do prior to surgery, while you are in the hospital & after surgery.

**This class is for anyone who wants to learn more about joint replacement surgery and or those who want best prepare for an upcoming joint surgery.*

For information or class registration, contact
Brianna Brophy at 218-670-0894.