

Preoperative Class for Joint Replacement Patients

Mondays and Wednesdays at Noon

Orthopedic Gym located on the 4 South Tower
Manatee Memorial Hospital
206 2nd St E, Bradenton, FL 34208



This class provides important information on how to care for people recovering from **knee, hip or shoulder** replacement surgery. Patients and caregivers learn what to expect before, during and after the procedure.

Classes are designed to address:

- Safety precautions
- Nutrition
- Equipment needs
- Transfer techniques (from tub and toilet)
- Weight-bearing ability
- Gait training with use of assisted devices (canes, walkers, reachers)
- Exercise
- Stair training
- Fall prevention
- Ensuring a safe home environment
- Potential postoperative complications
- Discharge planning
- Pain management

Please contact Andrew Stritzl to schedule the Preoperative Joint Replacement Class. If you have Preadmission Testing (PAT), Andrew will meet you at 11:30 a.m. in the Outpatient Lobby to escort you and your family over to the Hospital Tower Lobby in our Volunteer Shuttle.

If you are coming only for the Preoperative Joint Replacement Class, Andrew will meet you in the Hospital Tower Lobby at 11:45 a.m. to escort you and others to the Orthopedic Gym for class.

The class will provide a light lunch and a tour of our hospital and orthopedic unit.

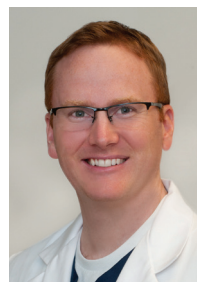


Center for Orthopedic
and Spine Surgery
at Manatee Memorial

manateememorial.com

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Physicians are on the medical staff of Manatee Memorial Hospital, but, with limited exceptions, are independent practitioners who are not employees or agents of Manatee Memorial Hospital. The hospital shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 193416-4495 8/19



**Register for the Class with our
Orthopedic Nurse Navigator**

Please call Andrew Stritzl, RN, BSN
at 941.745.7417 to register for the
Preoperative Class before your surgery.



**Certified for Hip and
Knee Replacement**