

# Preoperative Class for Spine Surgery

Thursdays at 2 pm

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



This important class will provide information to patients and caregivers on what to expect before, during and after cervical and lumbar spine surgery at Manatee Memorial Hospital.

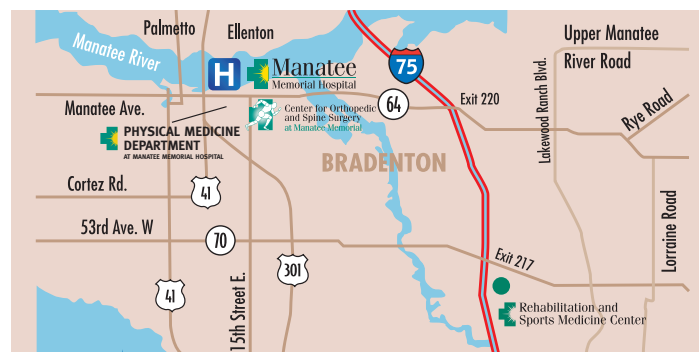
## Classes are designed to address:

- 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 register for the Preoperative Spine Surgery Class.

When you arrive for your scheduled class day, Andrew will meet you in the Hospital Tower Lobby at 1:45 p.m. to escort you and others to the Orthopedic Gym for class.

This class will also provide a tour of the hospital, including the Center for Orthopedic and Spine Surgery.

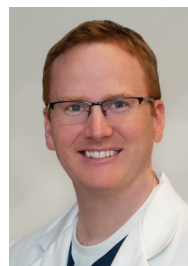


Center for Orthopedic and Spine Surgery at Manatee Memorial

[manateememorial.com](http://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. 193410-4503 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