

Back to Life

Total Knee and Total Hip Replacement Program

Getting you *Back to Life* after Joint Replacement

Joint Replacement Class

At Peterson Regional Medical Center, care begins the moment you and your physician decide that hip or knee replacement is the best option for you. Our class will help you and your loved ones prepare for your journey *Back To Life*. You will receive valuable information on everything from preparing yourself and your home, to nutrition and exercise before and after surgery.

During the class, you will learn about:

- The surgical procedure
- The role of physical therapy in your recovery
- Care you will receive before, during, and after surgery
- Specialized equipment that will aid you in rehabilitation
- How pain will be controlled throughout the process
- Leaving the hospital
- Answers to any questions you may have

Who Should Attend?

- Anyone scheduled for a knee or hip replacement (we also encourage attendees to bring a family member or friend with you that will be with you throughout your journey)
- Anyone who wishes to know more about our knee and hip replacement program

Class information:

- Classes are held 3:30pm-5:00pm the first and third Monday of every month
- Classes will be held at the Ambulatory Care Center classroom
- 260 Cully Drive, Kerrville
- Family and caregiver participation is strongly encouraged
- Registration is encouraged, but not required
- Class and materials are complimentary
- An orthopedic surgeon will present at each live presentation

To register, or for more information
please call 830-258-7336.

www.petersonrmc.com



Back to Life

Total Knee and Total Hip Replacement Program

Getting you *Back to Life* after Joint Replacement

Joint Replacement Class Schedule

Live Presentations

Monday, January 4th
3:30pm-5:00pm
Dr. William Allen

Monday, January 18th
3:30pm-5:00pm
Dr. Clint Morris

Monday, February 1st
3:30pm-5:00pm
Dr. Ryan Veurink

Monday, February 15th
3:30pm-5:00pm
Dr. Robert Mitchell

Monday, March 7th
3:30pm-5:00pm
Dr. William Allen

Monday, March 21st
3:30pm-5:00pm
Dr. Clint Morris

Monday, April 4th
3:30pm-5:00pm
Dr. Ryan Veurink

Monday, April 18th
3:30pm-5:00pm
Dr. Robert Mitchell

To register, or for more information
please call 830-258-7336.