

MANDATORY EDUCATION

PREOPERATIVE ORTHOPEDIC JOINT REPLACEMENT



CLASSES

Every Thursday
2 to 3:30 p.m.

LOCATION

McLaren Macomb
1000 Harrington Blvd,
Mount Clemens, MI 48043

Auditorium

*(Use the east parking lot and Mat Gaberty entrance.
Take the elevator to the lower level and follow signs
to the Auditorium.)*

WHAT WILL THE CLASS COVER?

During the class, patients and their 'coach' (spouse, family member, or friend) will receive a comprehensive handbook, as well as information covering topics such as anatomy, preconditioning, rehabilitation, infection prevention, and the hospital process.

Patients must have required labs, tests and medical/cardiac consults completed a few weeks prior to surgery.

Patients learn strength-building exercises. Performing these exercises before surgery will help to strengthen the muscles around a weak joint, making movement after surgery easier.



QUESTIONS?
Contact Kristen Kuppe, NP,
Orthopedic Joint Replacement Coordinator
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