

# Joint Camp

Prepare for your upcoming total knee or hip replacement at Ascension St. Vincent's East

We know preparing for a total joint replacement is a big decision, and we know you have questions. Joint Camp is designed to help you feel fully prepare for surgery and the recovery that follows. Classes are led by a registered nurse and a physical therapist and are now offered both virtually and in person.

## Topics covered:

- Home preparation
- Equipment
- Expectations before, during and after hospital stay
- Discharge plan
- Precautions
- Exercises to begin prior to surgery to aid recovery time
- May complete Pre-admission Testing the same day (takes approximately 1 hour in addition to class)

## In-person Joint Camp:

Classes are held every Monday from 1:30-4:30 p.m. In the event major holiday, class is held that Tuesday at the same.

Classes are located in Building 50 on the 4th floor. There is no need to RSVP in order to attend class.

## Virtual Joint Camp:

**No time to attend class?** Watch online by scanning this code with your mobile device:



**Questions?** Contact an Ascension St. Vincent's Orthopedic Nurse Navigator at 205-838-3081.



**Ascension  
St. Vincent's**