

FIELDHOME REHABILITATION

Are You Having KNEE or HIP Replacement Surgery?

Attend Our **FREE** Joint Replacement Class Before Your Surgery

Our Next Class is Nov. 18th

Led by Edward Grano, P.T., Director of Rehabilitative Services at Fieldhome

Upcoming Classes:

The class is offered every

3rd Thursday of the month:

November 18th

December 16th

January 20th

TIME: 4:00 pm to 5:30 pm

PLACE: Field Home–
Holy Comforter
1st Floor Dining Room

Refreshments will be served

**Reserve your place
in a class. Contact:**

Patti Horvath
739-2244 x5501
phorvath@fieldhome.com

“I found the seminar to be very helpful. The seminars are a good idea for future patients. The more information the better...it makes the recovery much smoother and gives one better opportunity to prepare.” *Jocelyn L.*

Be Prepared — Learn About:

- **Pre and Post Operative Care**
Know what to expect before and after surgery
- **Pain Management**
Understand the healing process and how to minimize post operative discomfort
- **Cryotherapy Treatment**
Discover the latest methods of cold therapy to reduce pain and accelerate healing
- **Going Home After Rehab**
Learn how to prepare your home for your return

Patients who had already attended a joint replacement class at their surgical hospital felt that it was beneficial to attend this class, too, as additional information is covered.

Offered by **FIELDHOME**, A Community of Caring Services for 130 Years
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