

**FIELDHOME** REHABILITATION

# Are You Having **KNEE** or **HIP** Replacement Surgery?

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

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

**WHEN:**

Every 3rd Thursday  
of the Month

**TIME:**

4:00 pm to 5:30 pm

**PLACE:**

Fieldhome–  
Holy Comforter  
Conference Room

*Refreshments will be served*

**To reserve your  
place in a class, contact:**

Patti Horvath  
739-2244 x5501  
phorvath@fieldhome.com

“I found the seminar to be very helpful. The more information the better...it makes the recovery much smoother and gives one better opportunity to prepare.” *Jocelyn L.*

**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.**

**BE PREPARED** Topics covered include:

- **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

Offered by **FIELDHOME**, A Community of Caring Services

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