

## About the Hip & Knee Resource Centre

The Hip & Knee Resource Centre helps patients prepare for their orthopedic journey. As part of the process, you are invited to attend classes at the Hip & Knee Resource Centre. Your surgical team encourages you to attend these classes. **Please note, if you are planning to attend any class, you must pre-register by calling 204-926-1221.**

### Class Schedule

Class	Day	Time
Considering Joint Replacement Surgery	Wednesdays OR Fridays	9:30 - 11:30 a.m.
Pain Management	Thursdays	1:30 - 3:00 p.m.
Nutrition & Exercise (3 Week Series)	Tuesdays OR Wednesdays *please call for available start dates	1:30 - 3:30 p.m.
Total Hip Replacement	Wednesdays	9:30 - 11:30 a.m.
Total Knee Replacement	Mondays OR Fridays	9:30 - 11:30 a.m.
Before Your Surgery Preparation	Thursdays	9:30 - 11:00 a.m.

**Class schedule is subject to change.**

**Call 204-926-1221 to inquire about the class schedule.**

Revised March 23, 2020

## Parking

Entrance to FREE parking is available off of Molson Ave. Please park in ANY assigned parking stalls designated as "Patient Parking".



Please do not park in Shoppers Drug Mart Parking lot as you may be towed.

### Class Attendance Checklist

- Considering Joint Replacement Surgery
- Pain Management
- Nutrition & Exercise
- Total Hip Replacement
- Total Knee Replacement
- Before Your Surgery Preparation

## Education Classes to Prepare for Joint Replacement Surgery



**Serving all Manitobans Considering Hip or Knee Surgery!**

### The Hip & Knee Resource Centre

Located in the Hip & Knee Institute  
331-1155 Concordia Ave.  
Winnipeg, MB R2K 2M9

Phone: (204) 926-1221

For more information visit our website:

[wrha.mb.ca/hip-and-knee-resource-centre](http://wrha.mb.ca/hip-and-knee-resource-centre)



Winnipeg Regional Health Authority  
Office régional de la santé de Winnipeg  
Caring for Health À l'écoute de notre santé

# Guidelines for When to Attend Classes

## Before you see your Orthopedic Surgeon.

- Register and attend:
- Considering Joint Replacement Surgery Class
  - Pain Management Class



## Attend your appointment for consultation & assessment with an Orthopedic Surgeon.

It will be determined at this time if you are proceeding with surgery



## After you have seen your Orthopedic Surgeon & have been placed on the waitlist.

Register & attend classes applicable to you

Class	When to attend:
Pain Management	If not already attended
Nutrition & Exercise	As soon as you decide to proceed with surgery
Total Hip Replacement	3-4 months prior to surgery
Total Knee Replacement	3-4 months prior to surgery
Before your Surgery Preparation	2 months prior to surgery

# Class Information

**Before** you see the Orthopedic Surgeon you may attend the following classes:

## Considering Joint Replacement Surgery Class

Topics Covered:

- Types of joint disease
- Strategies for improving your health and well being
- Equipment/Assistive devices
- Pain management
- Setting personal goals
- What to expect if you proceed with surgery
- Risks & complication prevention

## Pain Management Class

Topics Covered:

- Why pain happens
- What makes pain worse
- Non-drug strategies to help you manage your pain

**After** you see the Orthopedic Surgeon, decide to proceed with surgery & are placed on the orthopedic wait list you may attend the following classes:

## Pain Management Class

\*If not already attended prior to seeing your surgeon.

## Nutrition & Exercises Class: A Three Part Series

Topics Covered:

### Week One:

- Cardiovascular Exercise (working the heart and lungs)
- Nutrition & Health

### Week Two:

- Principles of Strengthening Exercises (the "How to" of getting strong)
- Nutrition & Arthritis

### Week Three:

- Flexibility & Balance (reduce stiffness and keep moving)
- Nutrition & Surgery

**If you attend any of the classes, we encourage you to bring a family member or a friend with**

## Total Hip or Total Knee Replacement Class

Please choose **EITHER** The Hip or Knee Class, depending on which surgery you are having.

Topics Covered:

- Safe exercise
- Equipment and mobility aids
- Activities and Movements to avoid after surgery
- Home set up
- Demonstrations of how to move safely after surgery

## Before Your Surgery Preparation Class

Topics Covered:

- Preparing yourself for surgery
- Increasing your chances for a great outcome
- Anticipating common problems
- Decreasing risks and complications
- Your hospital stay
- Preparing for a safe discharge
- Your journey to recovery
- Living with your new joint