



YOU'RE INVITED!

Come and learn at our pre-op class for total Hip & total knee replacement patients.

Take the first step in your joint replacement journey. Successful joint replacement surgery begins before your surgery. Studies show that education, physical therapy, and improved nutrition prior to surgery translate directly to a quicker recovery, reduced pain and lessened anxiety after joint replacement surgery.

Start your joint replacement journey by attending a pre-op class at least one month prior to your surgery. We offer a variety of dates to our patients and classes last approximately an hour and a half—a small amount of time that will go a long way!

Listed below are the pre-op class dates:

No RSVP required. We will accommodate all.

3:30 pm: Joint Solutions physical therapy room, 3 North, Montefiore New Rochelle, in the main hospital.			
January 11	February 8	March 7	April 11
May 9	June 6	July 11	August 8
September 12	October 10	November 7	December 12
5:00 pm: Joint Solutions physical therapy room, 3 North, Montefiore New Rochelle, in the main hospital			
January 13	February 10	March 9	April 13
May 11	June 8	July 13	August 10
September 14	October 12	November 9	December 14

Location:

Montefiore New Rochelle Hospital, 101 Glover Johnson Place, New Rochelle, NY 10801, 3 North Orthopedic

For More Information:

Contact the Joint Solutions Coordinator: Peggy Coll, NP, Mcoll@montefiore.org or 914-365-3971

- Classes last approximately 1-1^{1/2} Hours
- We encourage your designated “coach” or caregiver to attend the class with you.
- Classes are on-site or online. The link for our pre-op class is: www.montefiore.org/mnr-ortho.
- If you take the class online, please print the LAST page only, sign it and bring it with you on your surgery day.

If you have any questions regarding the information, you may call your surgeon or the number above. Thank you for choosing Montefiore New Rochelle Hospital for your joint replacement surgery. Our tremendous Customer Satisfaction scores speak for themselves.

Joint Solutions Program

101 Glover Johnson Place, New Rochelle, New York 10802