



Virtual Orthopedic Pre-Surgical Classes

AdventHealth Orthopedic Institute

Preparing You for Surgery

We invite you to attend a free, virtual class from your computer, phone or tablet. This class will help you prepare for your surgery and recovery. Classes are highly encouraged for any person having knee, hip, shoulder, foot, ankle or spine surgery. We recommend that you choose a person to act as a “coach” to help you when you go home after surgery. Your coach should view the classes with you, so they can provide the best support for you during your recovery.

What You Will Learn

- How to prepare yourself
- How to prepare your home
- What to expect the night before and day of surgery
- Dos and don'ts after surgery
- Discharge planning
- Returning home
- Multimodal pain management
- Physical therapy and rehabilitation



Scan this QR code, scroll through and choose the best date and time to register for your virtual class.

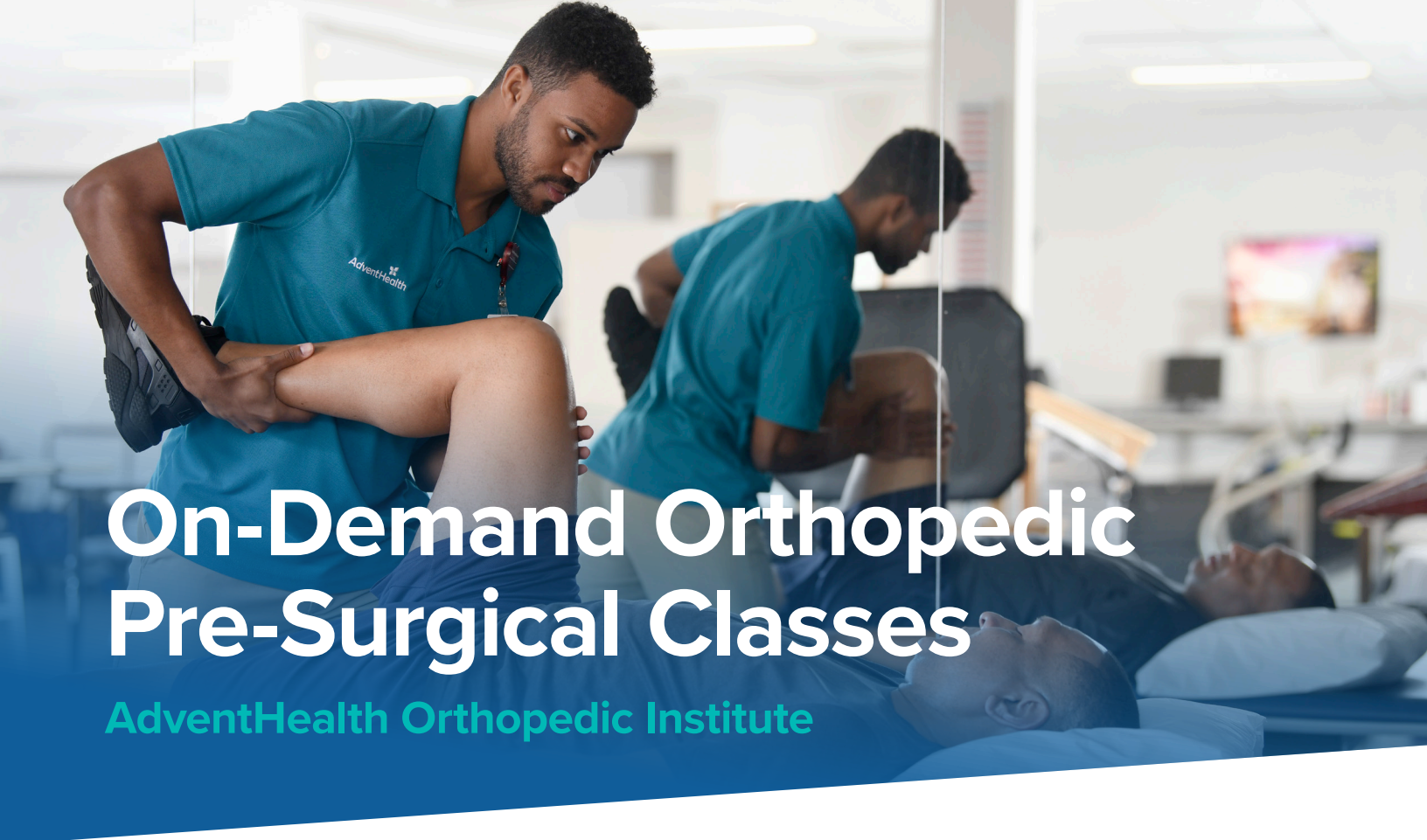
OrthoClassRegistration.com



Scan this QR code to watch the Spanish version. (Utilice el siguiente Código QR para ver la clase en español).

For questions, please contact your orthopedic care navigator.


AdventHealth



On-Demand Orthopedic Pre-Surgical Classes

AdventHealth Orthopedic Institute

Preparing You for Surgery

We invite you to watch our on-demand classes from your computer, phone or tablet. This class will help you prepare for your surgery and recovery. Classes are highly encouraged for any person having knee, hip, shoulder, foot, ankle or spine surgery. We recommend that you choose a person to act as a “coach” to help you when you go home after surgery. Your coach should view the classes with you, so they can provide the best support for you during your recovery.

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**Foot and Ankle
Pre-Surgical
Class**




**Hip
Pre-Surgical
Class**



**Knee
Pre-Surgical
Class**



**Shoulder
Pre-Surgical
Class**



**Spine
Pre-Surgical
Class**