

On-Line Joint Replacement Class: Instructions



This on-line class provides important information about what to expect both before and after surgery.

Patients have told us that knowing what to expect and what to do often lessens their anxiety about joint replacement. We have often found that when patients have that information, they do much better.

This class is divided into two modules or sections.

- Preparing for Joint Replacement Surgery
- Hospital Recovery & Follow-up Care.

Instructions

On-line Modules

Each module takes about 20 minutes to complete. Click “Enter” on your computer keyboard to advance the page. There is both an audio and visual feature to the modules. The audio will play automatically when the page advances. To replay the narration, Move your cursor over the horn found in the right lower corner of each page.  Then you will see a tool bar:

- Click on the arrow  to replay.
- Adjust the volume, by clicking on the small horn on the tool bar.

Exercise Brochure & Videos

In addition to the modules, there is a brochures and video about the leg exercises that are to be done at home **before** surgery. There are also 3 other videos to help you with activities after surgery.

- Bathing
- Dressing Aids (adaptive equipment)
- Car Transfers with Crutches

As you review the modules, videos and exercise brochure, if you have any questions about the content, please jot them down. For questions about the surgical procedure itself, please contact your surgeon’s office. For all other questions, email jointclass@nm.org. We also suggest that you have a family member/friend who may be helping you after surgery review the class content also.

Survey

When you have completed the class, please complete a short survey. Your feedback about the program is important to us.

We are pleased that you have chosen Northwestern for your surgery.