

RALEIGH ORTHOPAEDIC

Total Joint Replacement Class

For patients scheduling surgery at REX or WakeMed

****This class is different than the one you will attend at Rex or WakeMed, as their class focuses mainly on the hospital stay.**

The goal of the Raleigh Orthopaedic total joint preop class is to improve patient's functional outcome following surgery. The classes are taught by our therapy staff and they will cover ambulation, transfers, assistive devices, adaptive equipment, pain management, diet and weight control, preop and postop exercises, balance, return to work and activity, postop rehab milestones and precautions. You can choose to attend the class at our Edwards Mill location in Raleigh or in Garner, in the PT department.

Total Knee Class

Edwards Mill Location: Every Monday from 11:00am-12:00pm
Garner Location: 3rd Friday of every month from 10:30am-11:30am

Total Hip Class

Edwards Mill Location: Every Thursday from 10:00am-11:00am
Garner Location: 4th Friday of every month from 10:30am-11:30am

****There is no fee for attending this class****

To schedule, please call 919-863-6872, or visit our website at www.raleighortho.com and click on the Total Joint Class link.

Edwards Mill Location: 3001 Edwards Mill Rd., Raleigh, NC 27612
Garner Location: 1325 Timber Dr. East, Garner, NC 27529