

How to Prepare for Hip, Knee, or Shoulder Replace-

Your physician has told you that you need to have a hip replaced.

Or a knee replaced.

Or a shoulder replaced.

Of *course* you've got questions. After all, you're not sure what to expect. You may not fully understand the surgical procedure. And you don't know what to expect *after* your surgery. How long must you stay in the hospital? Will rehabilitation be a long and inconvenient process? What do you have to be careful of doing – or *not* doing?

Santa Maria Valley Physical Therapy Group, an outpatient orthopedic clinic that has served Santa Maria for 20 years, offers a FREE one-hour class each month on these issues – “How to prepare for Hip, Knee, or Shoulder Replacement Surgery.”

We'll provide you with the information you and your family need during this time.

We'll help you prepare yourself for surgery *and* prepare yourself for the months *following* your surgery.

When: First Monday of each month, 6:00 pm

Where: Santa Maria Valley Physical Therapy Group
820 E. Enos Dr.
(See map on reverse side)

Cost: FREE

For reservations or further information, call:



820 E. Enos Dr.

