

Spine and Joint Pre-Surgery Class

A Support Group for Patients Undergoing
Total Joint and Spinal Surgery



Pre-Operative informational session to better prepare you for your upcoming surgery and rehabilitation.

In this class we will discuss:

- Pain Management
- Physical Therapy and Rehabilitation
- Do's and Don'ts After Surgery
- Discharge Planning
- How to Prepare for Going Home

Thursdays 9:30 – 11:00 am
Florida Hospital
Fish Memorial
5th Floor Classroom

We encourage you to bring a “Coach,” someone who will be at home with you when you are discharged, to the class.

For more information and to RSVP, call Samantha at (386) 917-5860.