



To learn more about our orthopedic services, visit scripps.org.

STRIDE: Total Shoulder Replacement Program

Are you considering SHOULDER replacement surgery?

If so, then don't miss this important class. It will help you understand what to expect every step of the way — from initial visits with your orthopedist, through surgery and post-surgical care, to our physical rehabilitation program. The STRIDE: Total Shoulder Replacement program is designed to get you back in action as soon as possible. Most people who participate in a pre-operative program prior to shoulder replacement surgery recover better than those who do not.

REGISTRATION IS REQUIRED. For registration and class information, please call **1-760-575-7216**. (*Location and times subject to change*)

2019 Classes (SHOULDER)

Scripps Memorial Hospital Encinitas (SMHE)

354 Santa Fe Drive
Encinitas, CA 92024

12–1:30 p.m.

Check-in at 11:45 a.m.

Jan. 2	July 3
Feb. 6	Aug. 7
Mar. 6	Sept. 11
April 3	Oct. 2
May 1	Nov 6
June 5	Dec. 4

Scripps Coastal Medical Center (SCMC)

130 Cedar Road
Vista, CA 92083

9–10:30 a.m.

Check-in at 8:45 a.m.

Jan. 16	July 17
Feb. 20	Aug. 28
Mar. 20	Sept. 25
April 17	Oct. 16
May 15	Nov. 20
June 19	Dec. 18

Location Change!!

June 19 SCMC is moved to SMHE Conference Center. Call for information.

