



To learn more about our orthopedic services, visit [scripps.org](http://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*)

### 2020 Classes (**SHOULDER**)

#### Scripps Memorial Hospital Encinitas

354 Santa Fe Drive  
Encinitas, CA 92024

**12–1:30 p.m.**

**Check-in at 11:45 a.m.**

|         |         |
|---------|---------|
| Jan. 8  | July 8  |
| Feb. 5  | Aug. 5  |
| Mar. 4  | Sept. 2 |
| April 8 | Oct. 7  |
| May 6   | Nov 4   |
| June 3  | Dec. 2  |

#### Scripps Coastal Medical Center

130 Cedar Road  
Vista, CA 92083

**9–10:30 a.m.**

**Check-in at 8:45 a.m.**

|          |          |
|----------|----------|
| Jan. 22  | July 22  |
| Feb. 19  | Aug. 19  |
| Mar. 18  | Sept. 16 |
| April 22 | Oct. 21  |
| May 20   | Nov. 18  |
| June 17  | Dec. 16  |

