



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

## STRIDE: Total Joint Replacement Program

### Are you considering HIP/KNEE 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 orthopaedist, through surgery and post-surgical care, to our physical rehabilitation program. The STRIDE: Total Joint 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 joint replacement surgery recover better than those who do not.

**REGISTRATION IS REQUIRED.** For registration and more class information, please call **1-760-575-7216**. (*Location & Time may change*)

### 2020 Classes (HIP/KNEE)

<b>Scripps Memorial Hospital Encinitas</b> 354 Santa Fe Drive Encinitas, CA 92024 <b>1–2:30 p.m.</b> <b>Check-in at 12:45 p.m.</b>	<b>Scripps Coastal Medical Center</b> 130 Cedar Road Vista, CA 92083 <b>9–10:30 a.m.</b> <b>Check-in at 8:45 a.m.</b>	<b>Scripps Mercy Hospital, San Diego</b> 4077 5th Ave San Diego, CA 92103 <b>10:30 a.m.—12:00 p.m.</b> <b>Check-in at 10:15 a.m.</b>	<b>Scripps Mercy Hospital, Chula Vista— ESPAÑOL</b> 435 H Street Chula Vista, CA 91910 <b>9:30 a.m.—11:00 a.m.</b> <b>El registro comienza a las 9:15 a.m.</b>
Mar. 3, 17 Apr. 7, 21 May 5, 19 Jun. 2, 16 Jul. 7, 21 Aug. 4, 18	Mar. 3, 17 Apr. 7, 21 May 5, 19 Jun. 2, 16 Jul. 7, 21 Aug. 4, 18	Mar. 5, 12, 19, 26 Apr. 9, 16, 23, 30 May 7, 14, 21, 28 Jun. 4, 11, 18, 25 Jul. 9, 16, 23, 30 Aug. 6, 13, 20, 27	3, 17 Marzo 7, 21 Abril 5, 19 Mayo 2, 16 Junio 7, 21 Julio 4, 18 Agosto



# STRIDE: Total Joint Replacement Program

## Register as easy as 1-2-3!

- Before registering, please have this information handy:
  - Your Full Name & Phone Number
  - The Joint Being Operated On
  - The Name of Your Surgeon
  - Class Location (*Scripps Encinitas, Coastal, or Mercy*)
- Call **760-575-7216** and press
  - 1 - To register for any STRIDE class
  - 2 - For directions to the location of an upcoming class
  - 3 - To leave a message for the instructor
- We'll get back to you within 48 hours to confirm your registration.