



To learn more about our orthopaedic 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 orthopaedist, 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.		Scripps Coastal Medical Center 130 Cedar Road Vista, CA 92083 9–10:30 a.m. Check-in at 8:45 a.m.		Scripps Mercy Hospital, San Diego 4077 5th Ave San Diego, CA 92103 10:30 a.m.—12:00 p.m. Check-in at 10:15 a.m.	
Mar. 4	Aug. 5	Mar. 18	Aug. 19	Mar. 11, 25	Aug. 12, 26
Apr. 8	Sep. 2	Apr. 22	Sep. 16	Apr. 15, 29	Sep. 9, 23
May 6	Oct. 7	May 20	Oct. 21	May 13, 27	Oct. 14, 28
Jun. 3	Nov. 4	Jun. 17	Nov. 18	Jun. 10, 24	Nov. 4, 18
Jul 8.	Dec. 2	Jul. 22	Dec. 16	Jul. 15, 29	Dec. 2, 16



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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.

