



Joint Replacement Classes (Knee & Hip)



UPMC St. Margaret offers a Joint Replacement Class hosted by an orthopedic nurse navigator, a registered dietician, and a physical therapist. This team of joint replacement specialists are here and available to help you with your joint replacement journey. This class covers the following topics:

- How to prepare your body for surgery
- How to prepare your home for your return from surgery
- What to expect during your hospital stay
- How to manage pain
- How to prevent complications
- How diet effects surgery outcomes
- Physical therapy exercises before and after surgery

When: 60 times per year – see schedule on back of this flyer

Where: UPMC St. Margaret – Van Horne Pavilion or online classes available
(UPMC St. Margaret, 815 Freeport Road, Pittsburgh, PA 15215)

How to Join/Sign Up

- Go to UPMC.com/Classes
- Or call: **866-92-ORTHO (866-926-7846)**
- Or email: Orthopedic Nurse Navigator Lisa Kolodziejki, MSN, RN at kolodziejki@UPMC.edu

UPMC | ST. MARGARET

2024 Total Joint Pre-Operative Education Class Schedule

Morning, Afternoon & Evening Classes Available

Online Classes available via Microsoft TEAMS (Online classes highlighted in green below)

All in-person classes held in UPMC St. Margaret Van Horn Pavilion

JANUARY		FEBRUARY		MARCH	
January 8, 2024	9am – 11am	February 5, 2024	9am – 11am	March 13, 2024	1pm – 3pm
January 8, 2024	1pm – 3pm	February 5, 2024	1pm – 3pm	March 13, 2024	4pm – 6pm
January 17, 2024	1pm – 3pm	February 14, 2024	1pm – 3pm	March 18, 2024	9am – 11am
January 17, 2024	4pm – 6pm	February 14, 2024	4pm – 6pm	March 18, 2024	1pm – 3pm
January 4, 2024	1pm – 3pm	February 1, 2024	1pm – 3pm	March 28, 2024	1pm – 3pm
APRIL		MAY		JUNE	
April 8, 2024	9am – 11am	May 6, 2024	9am – 11am	June 3, 2024	9am – 11am
April 8, 2024	1pm – 3pm	May 6, 2024	1pm – 3pm	June 3, 2024	1pm – 3pm
April 17, 2024	1pm – 3pm	May 15, 2024	1pm – 3pm	June 12, 2024	1pm – 3pm
April 17, 2024	4pm – 6pm	May 15, 2024	4pm – 6pm	June 12, 2024	4pm – 6pm
April 25, 2024	1pm – 3pm	May 2, 2024	1pm – 3pm	June 20, 2024	1pm – 3pm
JULY		AUGUST		SEPTEMBER	
July 10, 2024	1pm – 3pm	August 5, 2024	9am – 11am	September 4, 2024	1pm – 3pm
July 10, 2024	4pm – 6pm	August 5, 2024	1pm – 3pm	September 4, 2024	4pm – 6pm
July 15, 2024	9am – 11am	August 14, 2024	1pm – 3pm	September 9, 2024	9am – 11am
July 15, 2024	1pm – 3pm	August 14, 2024	4pm – 6pm	September 9, 2024	1pm – 3pm
July 25, 2024	1pm – 3pm	August 22, 2024	1pm – 3pm	September 19, 2024	1pm – 3pm
OCTOBER		NOVEMBER		DECEMBER	
October 7, 2024	9am – 11am	November 4, 2024	9am – 11am	December 2, 2024	9am – 11am
October 7, 2024	1pm – 3pm	November 4, 2024	1pm – 3pm	December 2, 2024	1pm – 3pm
October 16, 2024	1pm – 3pm	November 13, 2024	1pm – 3pm	December 11, 2024	1pm – 3pm
October 16, 2024	4pm – 6pm	November 13, 2024	4pm – 6pm	December 11, 2024	4pm – 6pm
October 3, 2024	1pm – 3pm	November 21, 2024	1pm – 3pm	December 19, 2024	1pm – 3pm

It is easy to register for in-person or online classes:

- Go to UPMC.com/Classes (On the left of the screen select **HEALTH EDUCATION CLASSES**. Next select **BONE & JOINT** which is directly under **HEALTH EDUCATION CLASSES**. Scroll in center to find **TOTAL JOINT REPLACEMENT CLASS – UPMC ST. MARGARET**)
- Or call to register – **866-92-ORTHO (866-926-7846)**