

Having Total Knee or Total Hip Surgery at Lovelace Women's Hospital?

We are currently not hosting any in-person Prehab classes. We are hosting online classes via MICROSOFT TEAMS, which is similar to ZOOM and fairly easy to use. The classes are being held on the first Tuesday* of each month at 11 AM. (*Class may change depending on Physical Therapist hosting class.)

Please call 505-727-4656 to request to be added to our next session. If you can leave your name, best number to reach you at, date of surgery and email address in your message, I will return your call and send an email reminder/invitation to our next class. The email should come from Arik.Riley@lovelace.com. If you don't see it in your inbox, check your spam or junk email.

You can join the class at least 10 minutes prior to the start time by clicking on the link found in the initial email. If your computer does not have a microphone, there is a number to call in to from your phone for audio. Please be sure to check the time of the class as highlighted in the invitation.

I will also attach the handouts for the class to the invitation email. Those having Total Knees should download the Total Knee handout and those having Total Hips, should download the Total Hip handout.

If you have any problems or questions, you can reply to the invitation email or call **505-727-4656**. If you are unable to participate or do not have a computer, please call and we can discuss how to participate via phone call or by viewing the videos and reviewing our "Supplemental to Prehab" document.

Thank you!



Lovelace
Women's Hospital