

Pre-Hab Education


My Pre-Hab Session is scheduled for:


Date: _____

Time: _____

Vancouver Clinic


Gordon & Leslie Diamond Health Care Center
 3227 – 2775 Laurel Street
 Vancouver, BC V5Z 1M9


 Tel: 604-875-4544

 Fax: 604-875-8294

Richmond Clinic


Health Science Building
 120 – 6091 Gilbert Road
 Richmond, BC V7C 5L9

 Tel: 604-675-3944

 Fax: 604-675-3943

Coastal (North Shore) Clinic

West Vancouver Community Center
 241 – 2121 Marine Drive
 West Vancouver, BC V7V 4Y2

 Tel: 604-904-6177

 Fax: 604-904-6170

What do I need to bring?

Use this checklist to make sure you do not forget anything. Please bring:

- A family member or **caregiver** if you like. Please leave young children at home.
- Any **questions** you have about osteoarthritis or surgery.
- Wear **comfortable clothing**.
- A **snack** (if you are diabetic).
- Your **glasses** if you use them for reading or watching television.
- Your **Care Card**.
- Do not bring equipment** that you will not need during the session, such as grabbers or walkers.

You are welcome to bring a family member or friend to the session. Please leave young children at home.

What can I expect?

Your Pre-Hab Education Session will be 2 hours long. **Arrive 15 minutes early** so you have time to fill out forms if needed.

Your session will be made up of 10 to 12 people waiting for joint replacement surgery. It will be taught by a physiotherapist, occupational therapist, dietitian, and/or nurse clinician.

Pre-Hab will answer these questions:

1. What is osteoarthritis?
2. How can I protect my joints?
3. What helping aids should I use?
4. How can weight loss help?
5. How can I improve my eating habits and food choices?
6. Which nutrients can help before surgery?
7. Why should I exercise?
8. What exercises should I do?
9. How much exercise is too much?
10. How can I control my pain?

These are interactive sessions. Please feel free to ask questions.