

OASIS PRE-HAB EDUCATION SESSIONS

What is Pre-Hab Education?

Pre-Hab is a group education session that gives you the knowledge and skills you need to prepare for surgery and rehabilitation. Being better prepared for surgery may help you have a more successful surgery and a faster, easier recovery.

Pre-Hab will answer these questions:

- What is osteoarthritis?
- How can I protect my joints?
- Which nutrients can help before surgery?
- Why should I exercise?
- What exercises should I do?
- How can I control my pain?
- What kinds of support services are available before and after surgery?

Who should take Pre-Hab Education?

Pre-Hab is for people who have been identified as a surgical candidate. Once you have been identified as a surgical candidate, **OASIS will contact you** to invite you to a Pre-Hab Education Session. If you have been identified as a surgical candidate but haven't heard from us, please call us at 604.875.4257.

When should I attend Pre-Hab Education?

Ideally, you should attend the session 2-12 months before surgery. This will give you time to strengthen your muscles, improve mobility in your joint, and lose unnecessary weight.

Where is Pre-Hab Education held?

Pre-Hab is held in multiple locations: Vancouver, Richmond, and the North Shore.

What can I expect?

Your Pre-Hab Education session will be 2 hours long, with a short break. The session will be made up of people waiting for joint replacement surgery. It will be taught by a physiotherapist, occupational therapist, dietitian and/or nurse.

What do I need to bring?

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