



Pre-Hab education is for patients who have been placed on a surgical waitlist for hip or knee joint replacement.

This brochure provides information about the VCH OsteoArthritis Service Integration System (OASIS) Pre-Hab education sessions. Health care professionals may use this brochure to provide their patients with information about the Pre-Hab education session that OASIS will invite them to attend.

To order supplies please contact the OASIS Regional Office at (604) 875-4257 or by e-mail at osis@vch.ca.

Excerpt from brochure:

Pre-Hab education gives you the tools and information you need to prepare for surgery. This session will teach simple changes you can make today that may help you have a more successful surgery and an easier recovery.

The sessions are 1 ½ hours long, taught by a physiotherapist, occupational therapist, dietitian, and/or nurse clinician. The instructors will provide answers to questions such as:

1. How can I protect my joints?
2. What helping aids should I use?
3. What exercises should I do?
4. How can I control my pain?
5. How can weight loss help?

Talk to your family doctor and/or contact us to learn more about how OASIS can help you:

OASIS Regional Office
(604) 875-4257
e-mail: osis@vch.ca
www.vch.ca/osis

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