



*The Joint Academy program is designed to prepare you for your surgery and provide you with the knowledge and skills to make your recovery the best it can be.*

**To enroll in the Joint Academy or for more information, please call one of these locations:**

**Aurora Medical Center Grafton  
1-262-329-2993**

**Aurora Medical Center Washington County  
1-262-670-7233**

**Aurora Sheboygan Memorial Medical Center  
1-920-451-5391**

**Aurora Sinai Medical Center  
Aurora St. Luke's Medical Center  
Aurora St. Luke's South Shore  
Aurora West Allis Medical Center  
1-414-385-2437**

**Your recovery is our success!**

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# *Joint Academy*

*Enhancing total joint  
replacement surgery*

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[www.AuroraHealthCare.org](http://www.AuroraHealthCare.org)

# Joint Academy

*Welcome to the Joint Academy. Whether you are considering total knee or hip joint replacement surgery, or have already scheduled surgery, this free program is designed to assist you down the road to wellness. We believe that the better prepared you are for surgery, both physically and emotionally, the better your potential for a swift and successful recovery.*

The goal of our program is to provide you with an exceptional experience and to optimize your recovery through your preparation, hospital stay and rehabilitation from total joint replacement surgery.

The benefits of our Joint Academy program include:

## **Coordinated care**

Joint Academy will help you plan for your upcoming surgery and rehabilitation. We bring together key caregivers who assist you throughout your hospital stay and rehabilitation. They explain what you can expect and help you with necessary preparations for the surgery.



## **Personal support**

Before you begin, we encourage you to select a care partner (a family member or friend) who can help you with your recovery. Your care partner should attend the educational sessions with you prior to surgery and support you in your recovery.



## **Educational sessions**

The preoperative educational seminar is a comprehensive program that will better prepare you and your care partner for what to expect before, during and after surgery. The session will answer your questions, help you understand the entire process of your joint replacement, and explain what you can expect as you progress through your recovery. In addition, information regarding the rehabilitation process will be provided. Your equipment needs will be discussed, and you will be given information regarding exercises, walking after surgery, and precautions and tips to assist your recovery.

