



**WE STRIVE TO ENSURE YOUR JOURNEY TOWARDS A TOTAL KNEE REPLACEMENT IS SMOOTH & WELL-INFORMED.**

## **Welcome to St George Sports Medicine's Total Knee Replacement Pre-op Education Course.**

Our dedicated team has designed this **six-week** pre-habilitation education program to provide you with a comprehensive understanding of what to expect to prepare you for your surgery and rehabilitation.

**Exercise & Nutrition**

**Pain Management**

**Home Modifications & FACS**

## **GET IN TOUCH**



**02 8537 3100**



**02 9587 6927**



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Kogarah NSW 2217**



**[www.stgeorgesportsmed.com.au/](http://www.stgeorgesportsmed.com.au/)**



**[stgeorgesportsmed](https://www.instagram.com/stgeorgesportsmed)**

If you would like to book in for this course please contact us by phone or email - **[info@stgeorgesportsmed.com.au](mailto:info@stgeorgesportsmed.com.au)**



**St. George SportsMed**  
Orthopaedics and Sports Medicine

# **TOTAL KNEE REPLACEMENT**

**Pre-op Clinic Plan**



## Why Pre-op Education?

### OPTIMISED HEALTH ASSESSMENT

Get a thorough check-up to understand your overall health. We'll identify and address any existing health issues that might affect your surgery or recovery.

### KNOWING THE RISKS

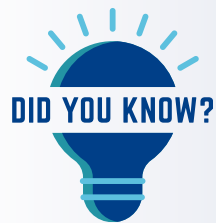
We'll help you understand and manage any potential risks or complications related to the surgery, making sure you're well-prepared .

### OPPORTUNITY TO ADDRESS CONCERNS

If you're feeling anxious or have concerns, this is the perfect time to talk about them. We're here to provide support and get you mentally prepared for the surgery.

### BETTER RESULTS

All these steps add up to better outcomes for you. We want to identify and tackle any challenges beforehand, so your recovery can be as smooth as possible.



Pre-operative optimisation has been shown to improve outcomes after total knee replacement.

## What Is Included



### INDIVIDUAL ASSESSMENT

Undergo any pre-op consultations as discussed with your orthopaedic surgeon.



### GROUP SESSIONS

Three group sessions over six weeks will be included in your pre-op clinic plan.

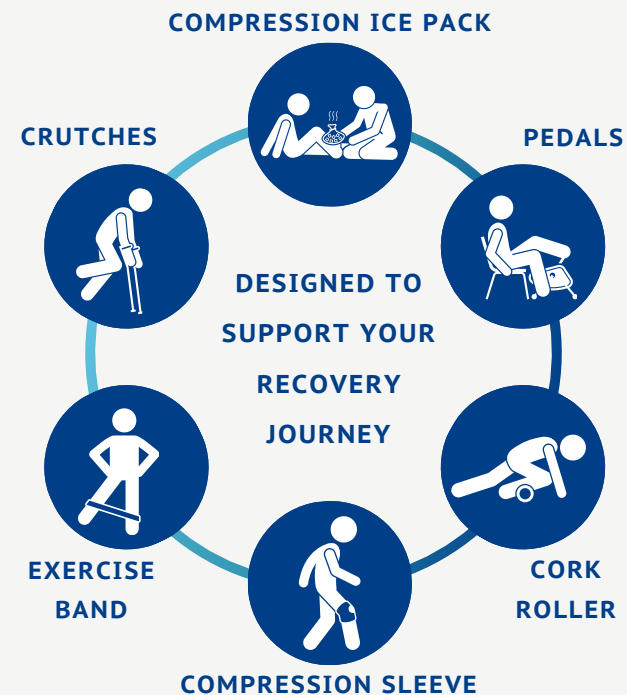


### EXPERT GUIDANCE

Expert guidance to care for your joints and get the best outcomes post-surgery.



## Your Pre-op Kit



If you have any questions about the information provided on this handout, please don't hesitate to contact our rooms - **02 8537 3100**

