

Steps Program: Total Joint Class



This is a pre-surgery class to prepare you for your total joint replacement procedure. Learn about what to expect on the day of your surgery, as well as more information regarding post-operative care, physical therapy, pain management, and discharge planning.

Date & Time

Every Monday

10:00 AM – 11:30 AM

Scheduling & Virtual Meeting Info

1. Please contact our Total Joint Program Coordinator at **209.564.5667** to be scheduled for a class.
2. Once registered, you will receive a passcode to enter the virtual meeting (held via Zoom).
3. Visit **dignityhealth.org/merced/steps** in your desktop or mobile device browser at the scheduled time and enter the passcode.

Spanish classes are also available upon request.



Dignity Health – Mercy Medical Center has earned The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement.



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To learn more about orthopedics at Mercy Medical Center, please visit **dignityhealth.org/merced/ortho**