



**ST VINCENT'S
PRIVATE HOSPITAL**
MELBOURNE

A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA



VIRTUAL PREADMISSION CLASS

FOR TOTAL HIP AND TOTAL KNEE REPLACEMENT SURGERY

**AT ST VINCENT'S PRIVATE HOSPITAL MELBOURNE,
WE PRIDE OURSELVES ON OUR EXCELLENT CARE.**

**Join our experienced Orthopaedic Physiotherapists
online where we will help educate and prepare you for
your upcoming surgery.**

*"Prehabilitation is everything you actively do —
mentally and physically — leading up to
surgery to optimise your health and recovery
and reduce the risk of complications"*

**To join our class, click on or enter the link below into
your internet browser and select the relevant class via
Microsoft Teams.**

<https://www.svph.org.au/prehab>

**HIP REPLACEMENT Class
Every Tuesday 11-11:30am
Via Microsoft Teams**

**KNEE REPLACEMENT Class
Every Wednesday 11-11:30am
Via Microsoft Teams**



*Need Help? Contact Allied Health East Melbourne
P: (03) 9928 6568 E: mph.physio@svha.org.au*