



Hip and Knee School

The Department of Trauma & Orthopaedics holds weekly education sessions for all patients due to undergo a hip or knee replacement, in order to prepare you for your stay in hospital. It is expected that patients attend this session.

What is the aim of the session?

The aim of this session is to make sure that patients are fully informed of what they can expect to happen prior to, during, and after their stay in hospital. The session will also make sure that you understand the expectations that the medical team have on you as a patient. Studies have shown that, if the patient understands what is involved in the operation, the better experience they will have. The whole session will last approximately one and a half hours.

The session will be run by the occupational therapy, physiotherapy, and nursing teams and will include a short presentation, followed by an opportunity for you to ask any questions. The presentation will consist of a demonstration of the types of exercises you will need to carry out following your operation (see booklet), the types of walking aids and smaller equipment you may need, both in hospital and afterwards. If you wish, you can practise using the walking aids and there will be an opportunity to purchase some of the smaller equipment. A partner, relative or friend may accompany you to this session.

You will receive notification of when to attend your hip and knee school session closer to your operation date.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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