WHO SHOULD ATTEND?
The Active Joint Wellness Program is ideal for individuals with knee or hip osteoarthritis, that are looking to improve their functional abilities and overall wellness. You may be eligible for this program if you:

• Previously completed a course of physical therapy for joint osteoarthritis.
• Have a scheduled joint replacement, but are looking to improve your pain, function, and physical health prior to surgery.
• Are interested in pursuing joint replacement, but need to improve overall wellness prior to being a surgical candidate.
• Are pain-free, but feel hesitant or fearful when exercising due to known joint osteoarthritis.

WHY SHOULD YOU ATTEND?
This program is designed to provide you with educational information and activity recommendations, that will allow you to engage in physical activity without feeling limited by your joints. Research shows that remaining active and increasing strength is the best way to maintain joint health. If joint replacement is, or becomes necessary, a pre-surgical strengthening program has been shown to increase post-surgical outcomes and patient satisfaction. (This program is not designed to be used as a substitute for formal medical care)

WHAT IS INCLUDED?
This 12-week program is tailored to your specific needs, focusing on addressing your individual wellness goals, which may consist of: increased strength, decreased body fat, improved endurance, lessened joint pain, and motivation for increased engagement in physical activity. As part of your program you will have the opportunity to attend:

• 12 one-on-one visits with a Certified Athletic Trainer
• Monthly nutritional classes
• Weekly Group Core or Aquatic Conditioning Class
• YMCA membership at a discounted rate

HOW MUCH DOES THE PROGRAM COST?
This 12-week program costs $300.

WHERE IS THE PROGRAM OFFERED?
The program is offered at our Brighton, Greece, and Penfield locations. Group aquatic classes are only offered at the Penfield location.

**BRIGHTON:** Clinton Crossings: 4901 Lac de Ville Boulevard, Building D, Suite 110
**GRECCE:** 10 South Pointe Landing, Suite 100
**PENFIELD:** 2064 Fairport Nine Mile Point Road, Suite 100

For more information, please call (585) 341-9150. To enroll in the program, register online at ortho.urmc.edu/registration