

Expert care with a personal touch

Joint Replacement Preparation Class

Pomona Valley Hospital Medical Center's Joint Replacement Program is certified by The Joint Commission. We are certified for providing excellent care of the elective hip and knee replacement patients. We use protocols and guidelines proven to help patients get well quicker. Patients return to their normal activities sooner after surgery.



The Joint Replacement Program requires patients and their “coach” to attend the education class before surgery. The “coach” is the support person who will help the patient after surgery. This is usually a family member or friend that you arrange.

Class Topics include:

- Preparing for surgery
- What happens in the hospital
- What to expect when you go home
- Blood clot prevention
- Pain management
- Physical and Occupational Therapy
- Questions and Answer Session

English Class Information:

- Tuesday from 9 am to 11 am
- Offered weekly
- Must call for appointment:
909.630.7403

Who should attend:

Patients having hip or knee replacement surgery, along with one “coach”.

Class Location:

Pomona Valley Health Center at Claremont
1601 Monte Vista Avenue, Suite 280 (second floor)
Claremont, CA 91711

Special instructions and restrictions due to COVID-19:

- Class maximum is 6 patients per class. One coach per patient.
- Patients and coach must wear a face mask at all times when in the building. This includes class time. Patients and coach will sit at the same table during class.
- Each table will be 6 feet apart.
- **Patients and coach may not attend class if they are sick.**
 - Please call to reschedule class if you or your coach have any of the following symptoms:
 - cough
 - fever
 - sore throat
 - difficulty breathing
 - repeated shaking with chills
 - chills
 - muscle pain
 - headache
 - new loss of taste or smell

POMONA VALLEY HOSPITAL

MEDICAL CENTER

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Directions:

West bound on the 210 fwy.

Take the 210 fwy west bound, exit Base Line Rd. On Base Line Rd make a right, follow Base Line Rd to Monte Vista Ave. On Monte Vista Ave make a left, follow Monte Vista Ave to 1601 Monte Vista Ave. The destination will be on the right, on the corner of Monte Vista Ave and Claremont Blvd.

East bound on the 210 fwy.

Take the 210 fwy east bound, exit Base Line Rd., make a left on Base Line Rd., Follow Base Line Rd. On Monte Vista Ave make a left, follow Monte Vista Ave to 1601 Monte Vista Ave. The destination will be on the right, on the corner of Monte Vista Ave and Claremont Blvd.

West bound on the 10 fwy.

Take the 10 fwy west bound, exit Monte Vista Ave and make a right. Follow Monte Vista Ave past Foothill Blvd to 1601 Monte Vista Ave. The destination will be on the left, on the corner of Monte Vista Ave and Claremont Blvd.

East bound on the 10 fwy.

Take the 10 fwy west bound, exit Monte Vista Ave and make a left. Follow Monte Vista Ave past Foothill Blvd to 1601 Monte Vista Ave. The destination will be on the left, on the corner of Monte Vista Ave and Claremont Blvd.

