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## Pre-rehab and education program for patients receiving a shoulder replacement surgery

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Imagine your 75-year-old grandmother needs shoulder surgery, but her only source of information is from the 20-minute appointment with her surgeon? Add in the pandemic, and that in-person appointment is now reduced to a 10-minute phone call. Thousands of Canadians face shoulder replacement surgeries annually, but recovery can be slow due to unrealistic recovery expectations, adherence to rehab and the overall surgery experience. To help create more informed patients, I plan to create an online education program that prepares patients before surgery. Through online modules, we can increase accessibility for home use, and prepare patients on a variety of topics, including complications or suggested rehab exercises. This program will allow healthcare providers to proactively educate patients before their surgery, while increasing overall recovery rates and lowering their pain and anxiety. With this, healthcare providers can enhance the care for patients, like your grandmother, with their recovery and surgical experience.