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Joint Replacement Institute and Spine Center
Innovative and Comprehensive Orthopaedic Care

Hampton Roads Orthopaedic and Sports Medicine Joint Replacement Seminar

In an effort to assist our patients in learning about their upcoming joint replacement surgery, **Hampton Roads Orthopaedics and Sports Medicine** is now offering a free joint replacement seminar.

Your doctor strongly recommends that you attend this seminar to help you through the surgery and rehabilitation process. The more you know about your surgery, the easier the process will be for you. Knowledge is power!

Please feel free to bring your family member(s) or caregiver(s) along to the seminar, so that they may also feel comfortable and well informed about your upcoming procedure.

During our 75-minute session we will have several team members speaking and available to address your concerns.

Our program will proceed as follows:

- Registration / check-in.
- Introduction to total joint replacement
- What to expect
- Pre-op testing
- Medical clearances
- Medications/Pain control
- Day of Surgery
- Post operative care
- Rehabilitation
- Q & A session

The next seminar will be held on _____ in our Physical Therapy Department located at 730 Thimble Shoals Blvd., Suite 130 Newport News, VA 23606. Light refreshments will be offered.

To register, please call (757) 873-1554, ext. 409