



We specialize in pain-free days.

Dear [Name],

Recently, you completed your online joint assessment and learned that you might benefit from hip or knee replacement surgery. Now, why not take the next step and schedule an appointment to learn more about your options?

Where your joints are concerned, experience matters. Hospitals with a high volume of patients have been shown to have better patient outcomes—and Scripps orthopedic surgeons perform more hip replacement and knee replacement surgeries than any other regional San Diego health care system. In addition, Scripps is one of only two San Diego health care providers participating in the California Joint Replacement Registry, which was created to provide comprehensive scientific assessments of devices and patient outcomes in hip and knee replacement surgeries.



We're honored that Scripps orthopedic surgeons have been nationally recognized as some of the best in the nation. U.S. News & World Report named Scripps the best hospital for adult orthopedics in San Diego, and Blue Cross of California recognized Scripps for providing quality care specifically in the areas of hip and knee replacement.

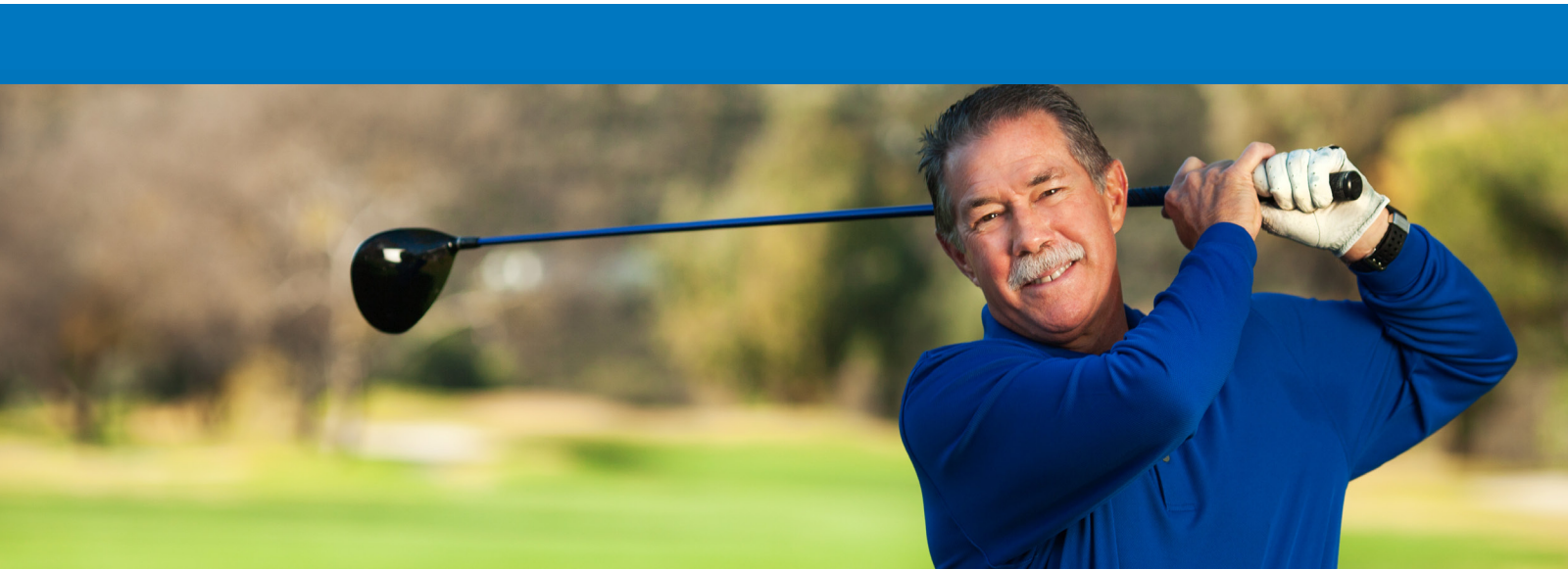
Scripps Clinic is the official health care provider to the San Diego Padres, and Scripps-affiliated physicians serve as team orthopedic surgeons for the San Diego State University Aztecs. Professional athletes trust us to keep them in the game, and we'll do the same for you.

Take the first step to a life without joint pain. Make an appointment to talk with one of our hip and knee replacement specialists today.

Sincerely,

Scripps Orthopedic Team

**SCHEDULE A CONSULTATION WITH
A SCRIPPS ORTHOPEDIST TODAY.**



Pain-free days are possible. Ask Garry Collins.

If you have tried everything to relieve your hip or knee pain without long-term success, it may be time to consider joint replacement surgery. It worked for Scripps patient Garry Collins, who had a hip replacement in November of 2015, and now enjoys pain-free days on the golf course.



See what Garry has to say about how joint replacement surgery at Scripps changed his life. Then schedule an appointment for a consultation today.

**Start living without joint pain.
Make an appointment today and find out more.**



Ready to live without joint pain? Here's what to expect.

Once you and your physician have decided that total hip or knee replacement is right for you, we're here to help you every step of the way.

Research shows that most people who participate in a pre-operative program prior to joint replacement surgery recover better than those who do not. As a Scripps patient, you can take advantage of our comprehensive joint replacement education program. Taught by an orthopedic nurse along with physical and occupational therapists, these valuable classes will help you understand what to expect throughout the process, including:

Initial visits with your orthopedist, what will happen during your exam and which tests may be needed to determine the best treatment.

Preparing for surgery, including making arrangements for family or friends to take you to and from the hospital and help you around the house for a week or two after your surgery, and tips for what to do at home to help make your return after surgery as easy as possible.

The day of surgery, from checking-in to the hospital receiving anesthesia to the joint replacement itself. Generally, surgery takes one to three hours; you will then spend a few hours in a recovery unit.

Recovering from surgery, including your hospital stay, physical therapy, returning home and getting back to your usual activities.

**Life without joint pain is possible.
Make an appointment today and find out more.**



What should you expect after hip or knee replacement surgery?

After your hip or knee replacement surgery, you'll be on your way to pain-free living! Here's what you can expect during your recovery.

How long will I be in the hospital?

You will stay in the hospital for two to four days, but you'll start moving and walking as soon as the first day after surgery. Be sure to get instructions from your doctor about wound care, bathing and medications before you leave the hospital, and follow them carefully once you get home to help ensure the best possible results.

Will I have physical therapy?

Yes! Our expert rehabilitation specialists will develop a personalized therapy plan for you to follow, and monitor your progress to ensure you gain the strength and mobility to do the activities you enjoy easily and pain-free.

How soon will I be able to get back to my usual activities?

That depends on several factors, including your overall health, your fitness level and the types of activities you would like to do. You will need help with daily care activities, such as bathing, dressing and eating, for a week or so after you return home. As you become stronger during the next few months, you will be able to walk without the use of a walker or crutches, and drive.

Will I be able to do everything I used to do?

While you may need to learn new ways of bending or kneeling to protect your new joint, you should be able to resume all of your usual activities—but without pain! If you participate in sports, the type of activity makes a difference. You will likely be able to do low-impact activities, such as swimming, cycling and golfing sooner than tennis or running. Full recovery will take several months to a year.

**Imagine life without joint pain.
Make an appointment today and find out more.**



Ready to live life without joint pain? We can help.



More San Diegans trust the orthopedic specialists at Scripps to relieve their joint pain than any other regional health care system. We're experts in diagnosing and treating musculoskeletal conditions and injuries that affect your muscles, bones, joints and soft tissues. That's why U.S. News & World Report named Scripps the best hospital for adult orthopedics in San Diego.

Our orthopedic specialists offer a full range of treatment options to reduce pain, improve mobility and prevent further joint damage:

Exercise

Exercises such as low-impact cardiovascular activities, strength training and flexibility training can help relieve stiffness, reduce pain and fatigue, and improve your muscle and bone strength. Our team will help you design an exercise program that addresses your individual concerns and abilities.

Physical Therapy

Our expert physical therapists will develop a personalized treatment plan to help support your joints and reduce pain as well.

Lifestyle Changes

Often we develop bad habits, such as putting too much stress on our joints or bending incorrectly, which contribute to joint pain. Learning to change these habits and practice healthier ways of moving can help reduce pain and improve movement.

Medications

Your orthopedic physician also may recommend over-the-counter or prescription medications to help reduce pain and inflammation in your joints. Use them exactly as prescribed.

If none of these treatments provides lasting relief, your orthopedic specialist may recommend joint replacement surgery. Scripps orthopedic surgeons perform more hip replacement and knee replacement surgeries than any other regional San Diego health care system.

Find out how we can help you live pain-free. Take your free assessment now. It just takes a minute.

TAKE ME TO THE FREE ASSESSMENT!



Imagine a day without joint pain.

If hip or knee pain is keeping you from doing the things you love—or even just everyday activities—it's time to talk to us. Scripps orthopedic teams are experts in diagnosing and treating musculoskeletal conditions and injuries that affect the body's muscles, bones, joints and soft tissues. U.S. News & World Report named Scripps the best hospital for adult orthopedics in San Diego, and Blue Cross of California recognized Scripps for providing quality care specifically in the areas of hip and knee replacement.

More San Diegans choose the experts at Scripps for orthopedic care than anywhere else. In addition, Scripps Clinic is the official health care provider to the San Diego Padres, and Scripps-affiliated physicians serve as team orthopedic surgeons for the San Diego State University Aztecs. Professional athletes trust us to keep them in the game, and we'll do the same for you.

From physical therapy and medications to joint replacement, we can help you live without pain and get back to the activities you enjoy.

Take the first step toward pain-free living.
Take your free assessment now.

[TAKE ME TO THE FREE ASSESSMENT!](#)