



TRUSTWORTHY INFORMATION
FROM AAHKS SURGEON MEMBERS

YOUR COMPLETE GUIDE TO JOINT REPLACEMENT

Visit www.AAHKS.org/HipKnee or
scan this code with your smart phone



**READ ARTICLES AND WATCH VIDEOS
ON TOPICS SUCH AS:**

- Non-surgical options
- Getting a good night's sleep
- Traveling after joint replacement
- Safely resuming sexual activity
- Exercises you can do at home and much more!