

What to ask your Doctor, when...

Joint Replacement

Your own health is your biggest priority, use this checklist to ask honest and clarifying questions to your medical professional to help create a care plan you believe in

- Do you believe I have conservative care (strength training, physical therapy, breathwork...) options before we proceed with surgery?
- Do you believe there are lifestyle factors I can change to help with the symptoms I am feeling?
- Is it possible I have had these imaging results for a long time and have not experienced symptoms until now?
- Do you believe appropriate strength training with a fitness professional will help me improve my quality of life and/or potentially avoid surgery altogether?
- What will post-op recovery look like over the next 1-2 years?

NOTES: