

Note for patients

If you are ready to leave your joint pain in the past and get **So Active, So Fast**, it may be time to visit an orthopaedic specialist.

By answering the questions in this resource guide and taking it with you to your doctor appointment, you will be helping your doctor assess your lifestyle, determine if you are a candidate for joint replacement, and choose which type of implant will best fit your needs.

This guide was created to save you time and help facilitate open discussion between you and your doctor. Be sure to take this discussion guide with you when you visit your orthopaedic surgeon!



VISIT
soactivesofast.com

So Active, So Fast.

First doctor visit resource guide



Aesculap Orthopaedics

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NOTE FOR DOCTORS

Aesculap Implant Systems, LLC has provided this information to your patients to help facilitate conversation between you and your patient about treatment options for their joint pain.

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AESCULAP
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Questionnaire

Questions your doctor may ask you

Points to discuss with your doctor

Where is your pain located? (Check all that apply)

- Knee Hip
 Left Left
 Right Right

How long can you walk before pain becomes too severe?

- 30 mins or more 5-15 mins
 16-30 mins Not at all

Do you use any assistive devices for walking?

- None 2 canes
 Cane Crutches/walker/wheelchair

- When did your pain first begin? Do you know what may have caused it?
- Do you have joint stiffness after sitting for long periods of time or after sleeping?
- Do you have tenderness and swelling in your joint after periods of activity, such as walking or exercising?
- Are you currently taking any non-prescription or prescription medications to relieve your pain?
- Do you take any nutritional supplements, such as glucosamine or chondroitin?
- What is your daily activity level?
- Do you limp to avoid putting full weight on your joint?
- How often does the pain disrupt your sleep?

- Can joint replacement help provide relief from the pain and stiffness?
- Is age a factor in joint replacement surgery?
- How do I know if I am a good candidate for joint replacement surgery?
- What is the implant made of? Will my body accept the implant?
- Is my surgery covered by insurance?
- What are the benefits and risks of joint replacement surgery?
- How many days will I be in the hospital?
- How long does it take to recover and rehabilitate from joint replacement surgery?
- What is my role in recovery and rehabilitation?
- When can I return to my normal everyday activities?

Rank your pain in performing the following activities (circle one):

	No Pain	Slightly Painful	Moderately Painful	Very Painful	Unbearable
Usual pain- no activity	0	1	2	3	4
Putting on a pair of socks, stockings, or tights	0	1	2	3	4
Standing up after being seated for some time	0	1	2	3	4
Washing and drying yourself	0	1	2	3	4
Climbing a flight of stairs	0	1	2	3	4
Grocery shopping	0	1	2	3	4
Work, including housework	0	1	2	3	4
Rising from sitting	0	1	2	3	4
Standing upright	0	1	2	3	4
Kneeling	0	1	2	3	4
Squatting	0	1	2	3	4
Lying down or getting up from bed	0	1	2	3	4
Walking	0	1	2	3	4
Exercising	0	1	2	3	4
Getting in and out of a car	0	1	2	3	4
Sleeping	0	1	2	3	4
Sitting for long periods of time	0	1	2	3	4
Standing in line	0	1	2	3	4
Bending	0	1	2	3	4
Tying shoes	0	1	2	3	4

Notes
