

**G**uthrie's Joint Camp is a nationally recognized hip and knee replacement program that excels in helping patients return to their lives as quickly as possible.

This is accomplished through a combination of fellowship trained surgeons in joint replacement, the use of an accelerated rehabilitation program that puts patients into group settings to foster support and encouragement and the use of clinical best practices.

Check out the enclosed Joint Camp Exercise Videos to help in your recovery.



Your decision to have joint replacement surgery is the first step to improving your quality of life. The highly skilled health care team at Guthrie looks forward to helping you take that first step. For more information visit [www.guthrie.org](http://www.guthrie.org).



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*Is chronic pain  
slowing you  
down?*



Joint Camp

