

PLAYBOOK

for Knee and Hip Pain



*"Discover what I've already experienced!
See what Crystal Clinic Orthopaedic Center
joint specialists can do for you!"*
— Gerry Faust



CRYSTAL CLINIC
ORTHOPAEDIC CENTER

A partnership with Summa Health System

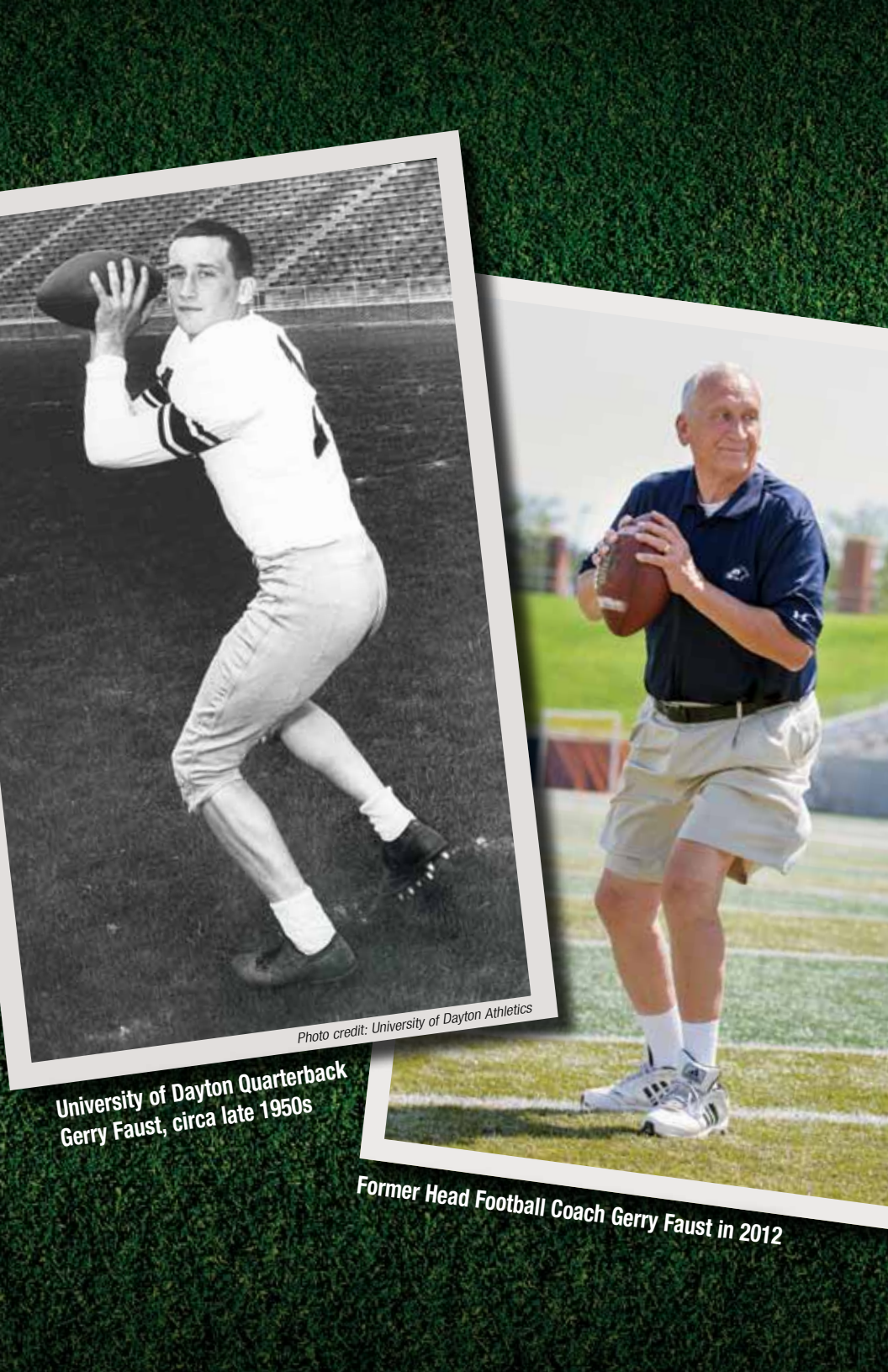


Photo credit: University of Dayton Athletics

University of Dayton Quarterback
Gerry Faust, circa late 1950s

Former Head Football Coach Gerry Faust in 2012

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Gerry Faust is enjoying life, thanks to pain-free knees

Gerry Faust was a successful high school and college football coach, including at the University of Akron. For Coach Faust, football was more than just wins and losses. He was always committed to his players, trying to bring out the best in them, both on the field and in life.

Coach Faust began experiencing knee pain while in his 40s, the result of an injury he sustained while playing quarterback for the University of Dayton. By his own admission he never made the time to take care of the pain.

But as the years rolled on, the pain became progressively worse. Finally, Coach Faust decided to have the pain evaluated. He underwent knee replacement surgery at Crystal Clinic Orthopaedic Center in 1999.

The surgery, performed by Ivan Gradisar, M.D., was a success. But Coach Faust decided against therapy, believing he could rehabilitate the knee himself. Several years later, the knee began to slip, causing pain.

He went back to Crystal Clinic Orthopaedic Center, where a knee revision procedure was done by Phillip Lewandowski, M.D., in 2008. This time, Coach Faust underwent land and aquatic therapy. The therapy was outstanding, he says. The lesson is patients should know that care after surgery is as important as the surgery itself.

Today, Coach Faust is enjoying life. He plays golf regularly with his friends, spends as much time as possible with his three children and six grandchildren, and travels to deliver motivational speeches. And he does it all pain-free. "I have no problems. I'm in my 70s and doing everything I want to do."

Have you experienced knee or hip pain for a long period of time? Is it impacting your ability to enjoy life? Hip or knee pain is something you don't have to live with. The joint specialists of Crystal Clinic Orthopaedic Center can treat your knee or hip condition to improve your quality of life.

"I couldn't ask for better care or a more successful surgery." — Gerry Faust



Hear more about Coach Faust's story at crystalclinic.com/Gerry



Why choose Crystal Clinic Orthopaedic Center?

Crystal Clinic Orthopaedic Center joint specialists perform all surgical techniques and technologies to repair your hip or knee in a facility dedicated solely to orthopaedic care. Crystal Clinic Orthopaedic Center joint specialists perform thousands of procedures each year. They have the experience to improve your quality of life and enhance your personal freedom.

EXPERIENCE

Higher surgical volumes typically result in better patient outcomes because of an increased familiarity with procedures and improved technique. Crystal Clinic Orthopaedic Center physicians perform more than 12,000 surgeries a year, more than most area hospitals. Our team of medical professionals is dedicated to orthopaedic care. They use their skill and knowledge to help patients improve their quality of life. You can see our surgeons without a referral, and they can offer a second opinion.

SPECIALIZATION

Specialization is equally as important as experience when considering orthopaedic treatment. In addition to higher volumes, Crystal Clinic Orthopaedic Center's sole specialization in care results in:

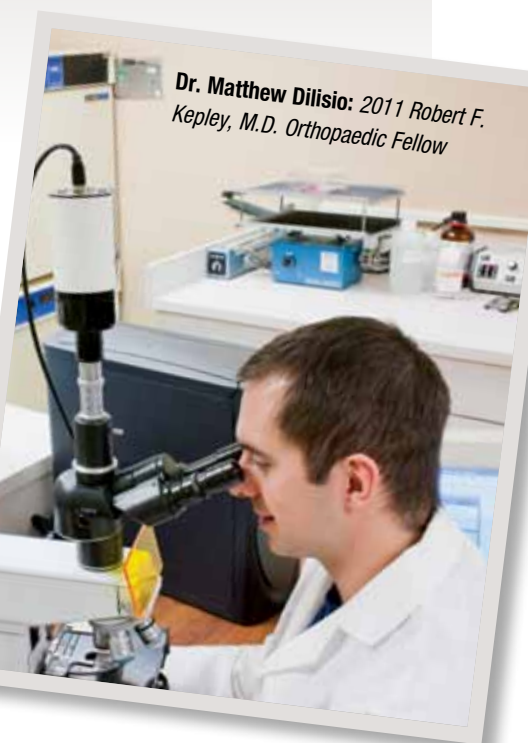
- Significantly decreased risk of infection
- Shortened length of hospital stay

RESEARCH & EDUCATION

Crystal Clinic Orthopaedic Center surgeons are active members of Summa Health System's teaching and medical education staffs. They continually work to improve upon existing procedures and technology to ensure maximum patient benefit.

The Department of Orthopaedic Surgery at Summa Health System has established the Robert F. Kepley, M.D. Orthopaedic Fellowship, which provides one year of research support for resident-initiated projects. The fellowship is named after Crystal Clinic Orthopaedic Center total joint specialist Robert F. Kepley, M.D.

Our surgeons conduct research in a number of venues. One research project is the development of Apatone®B (a combination of vitamins C and K3), a drug that may increase the lifespan of



Dr. Matthew Dilisio: 2011 Robert F. Kepley, M.D. Orthopaedic Fellow

artificial joint replacements and decrease inflammation that sometimes occurs after surgery. Thomas F. Bear, M.D., is the principal investigator, and Ian M. Gradisar, M.D., and Mark W. Kovacik, B.S., are co-investigators.

Why choose us to treat your knee or hip pain?

When pain begins to affect your quality life, forcing you to give up things you enjoy, it is time to see one of our joint specialists. Getting in sooner will give the specialist more treatment options and give you the ability to make a faster recovery.

While our surgeons can usually fix a knee or hip at any time, it is crucial for the patient to have surgery before the knee stiffens or hip weakens. Waiting until then will likely hinder your recovery after surgery.

Surgeons will discuss all options with you, both surgical and non-surgical, and they are happy to answer your questions.

Patient care at Crystal Clinic Orthopaedic Center is fully integrated from initial evaluation through surgery and rehabilitation. Members of the same specially trained surgical staff see patients throughout their experience to ensure comfort and the best possible treatment.

Our joint specialist physicians have decades of experience in treating hip or knee conditions. They have the expertise to help improve your quality of life and allow you the freedom to partake in the activities you most enjoy.

Crystal Clinic Orthopaedic Center offers patients a Total Joint Education Class, which prepares them for the hospital stay and gives them a level of comfort. The class is usually given by a patient care coordinator. Since coordinators act as a liaison between the surgeon, nursing staff and social workers, they are usually on the floor, giving patients a familiar face to see after surgery.

Gerry Faust plays golf, rides a bicycle and loves card games, plus he travels extensively delivering motivational speeches. He also delights in spending time with his three children and six grandchildren. Thanks to knee replacement surgery, he can enjoy these activities pain-free. "There is no trouble getting around."

Alice Strickler, knee pain patient
Watch Alice's story at crystalclinic.com/Alice



Ted Conlin, hip pain patient
Watch Ted's story at crystalclinic.com/Ted



Our joint specialists

To make an appointment with one of our total joint specialists, call
(855) 728-4660 toll-free

Raymond W. Acus III, M.D.



Dr. Acus is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in reconstructive surgery of the knee and shoulder and total

joint replacement. He is a graduate of The Ohio State University and The Ohio State University College of Medicine. He served his residency at Akron City Hospital and his fellowship in knee reconstruction/sports medicine at Jewett Orthopaedic Clinic (Florida). Dr. Acus has written and presented on a number of orthopaedic surgical issues, and he is a member of several state and national medical societies. He is team physician for the University of Akron athletic program. Dr. Acus has been a physician since 1986. He sees patients in Cuyahoga Falls.

Thomas F. Bear, M.D.



Dr. Bear is a board-certified orthopaedic surgeon, who specializes in total hip and total knee replacement and arthroscopic surgery of the knee. He is a

graduate of The Ohio State University and The Ohio State University College of Medicine. He served his residency at Akron City Hospital and Children's Hospital Medical Center in Akron. He was an Orthopaedic Elective at Wellesley Hospital (Toronto). Dr. Bear is a member of several state and national societies, and he is associate professor of orthopaedics at Northeast Ohio Medical University. He is principal investigator for Summa Health System's Walter A. Hoyt, Jr. Musculoskeletal Laboratory study on whether taking Apatone®B (a combination of vitamins C and K3) orally will reduce chronic joint discomfort and improve function of non-infected symptomatic postoperative total joint replacements. Dr. Bear has been a physician since 1970. He sees patients in Cuyahoga Falls.

Joseph B. Blanda, M.D.



Dr. Blanda is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in knee and sports medicine. He is a graduate of St. Vincent

College (Pennsylvania) and the University of Pittsburgh School of Medicine. He served his residency at Akron City Hospital and his fellowship in orthopaedics sports medicine at the Pennsylvania State University College of Medicine. Dr. Blanda has earned numerous awards, and he has written and presented on sports medicine and other areas of orthopaedics. He is a clinical instructor of orthopaedic surgery at Northeast Ohio Medical University. Dr. Blanda has been a physician since 1981. He sees patients at Blanda Orthopedics & Sports Medicine Center in Akron.

Ian M. Gradisar, M.D.



Dr. Gradisar is a board-eligible, fellowship-trained orthopaedic surgeon, who specializes in revision hip and knee reconstruction, hip and knee arthroscopy, and

unicondylar knee arthroplasty. He is a graduate of the University of Notre Dame and The Ohio State University College of Medicine. He served his orthopaedic surgical residency at Summa Health System and his fellowship in adult hip and knee reconstruction at Cleveland Clinic. Dr. Gradisar has conducted research and has presented at meetings and in professional publications. He is co-investigator for Summa Health System's Walter A. Hoyt, Jr. Musculoskeletal Laboratory study on whether taking Apatone®B (a combination of vitamins C and K3) orally will reduce chronic joint discomfort and improve function of non-infected symptomatic postoperative total joint replacements. Dr. Gradisar has been a physician since 2003. He sees patients in Montrose.

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Jonathan A. Kase, M.D.



Dr. Kase is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in general orthopaedic surgery, sports medicine, arthroscopic

surgery, total joint replacement surgery, and fracture care. He is a graduate of John Carroll University and Medical College of Toledo. He served his residency at Summa Health System and fellowship at Orthopaedic Research of Virginia. Dr. Kase has been a team physician for sports teams on the high school, college and professional level. He has earned several honors, conducted research and delivered presentations. Dr. Kase has been a physician since 2001. He sees patients in Wadsworth.

Matthew D. Kay, M.D.



Dr. Kay is a board-certified orthopaedic surgeon, who specializes in total joint replacement surgery and fracture care. He is a graduate of the University

of Cincinnati College of Engineering and University of Cincinnati College of Medicine. He served his residency at St. Luke's Hospital, Case Western Reserve University in Cleveland. Dr. Kay served as a research assistant for the Noyes/Gianestrass Center for Biomechanics at the University of Cincinnati College of Medicine. He has been published numerous times. He is clinical assistant professor of orthopaedics at Northeast Ohio Medical University. Dr. Kay has been a physician since 1986. He sees patients in Kent.

James P. Kennedy, M.D.



Dr. Kennedy is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in general orthopaedic surgery, total joint replacement surgery, arthroscopic

surgery, minimally invasive trauma and reconstructive surgery. He is a graduate of the University of Heidelberg (Germany), Youngstown State University and Northeastern Ohio Universities College of Medicine. He served his residency in orthopaedic surgery at Akron General Medical Center and Children's Hospital Medical Center of Akron. Dr. Kennedy served as an orthopaedics trauma fellow for the University of California, Davis Medical Center and Arbeitsgemeinschaft für Osteosynthesefragen (Association for the Study of Internal Fixation) in Germany. He has authored and co-authored research papers for publication and is a member of several state and national medical societies. Dr. Kennedy is chairman of the department of orthopaedics at Summa Barberton Hospital. He is associate professor of clinical orthopaedic surgery at Northeast Ohio Medical University, and he previously was appointed as Afghan Program Chairman for Orthopaedics Overseas. Dr. Kennedy has been a physician since 1984. He sees patients in Barberton.

Robert F. Kepley, M.D.



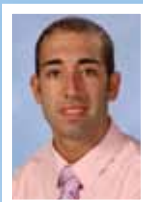
Dr. Kepley is a board-certified, fellowship-trained orthopaedic surgeon, who specializes exclusively in total joint replacement surgery of the knee and hip. He

is a graduate of The Ohio State University and The Ohio State University College of Medicine. He served his residency at Summa Akron City Hospital and his fellowship in joint replacement surgery at St. Ann's Hospital (Columbus). Dr. Kepley is a member of several state and national medical societies, and he has earned numerous honors and presented many research papers at professional meetings. He is associate professor of orthopaedic surgery at Northeast Ohio Medical University (NEOMED), as well as a teacher in the Physical Diagnosis Laboratory for NEOMED's Introduction to Clinical Medicine Course. Dr. Kepley has been honored with the establishment of the Robert F. Kepley, M.D. Orthopaedic Fellowship by the Department of Orthopaedic Surgery at Summa Health System. The fellowship provides one year of research support for resident-initiated projects. Dr. Kepley has been a physician since 1975. He sees patients in Cuyahoga Falls.

Our joint specialists

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Jovan R. Laskovski, M.D.



Dr. Laskovski is a board-certified, fellowship-trained orthopaedic surgeon who specializes in sports medicine with a focus on arthroscopic surgery of the hip,

shoulder and knee, as well as, shoulder and hip arthroplasty. He is a graduate of the University of Akron and Northeast Ohio Universities College of Medicine. He was chief resident physician of Summa Health System and served his fellowship at the University of Chicago. Dr. Laskovski has earned numerous honors and awards, and he has conducted research and has been published in a number of areas of orthopaedic care. Dr. Laskovski has been a doctor since 2006. He sees patients in Green.

Phillip J. Lewandowski, M.D.



Dr. Lewandowski is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in primary and revision total joint replacement

of the hip and knee. He is a graduate of the University of Michigan and The Ohio State University College of Medicine. He served his residency in orthopaedic surgery at Summa Health System and his fellowship in adult reconstruction of the hip and knee at the Anderson Orthopedic Research Institute (Arlington, Virginia). Dr. Lewandowski has earned numerous honors and awards. He has conducted research and has been published in professional publications. Dr. Lewandowski has been a member of the Crystal Clinic since 1998, and sees patients in the Montrose office

Michael R. Magoline, M.D.



Dr. Magoline is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in total joint replacement, sports medicine, and

shoulder and elbow. He is a graduate of Washington and Lee University (Virginia) and Case Western Reserve University School of Medicine. He served his residency at Summa Health System and his fellowship in arthroscopic surgery and sports medicine at Orthopaedic Research of Virginia. Dr. Magoline served in the U.S. Army and was the Flight Surgeon for the 159th Group Surgeon, 18th Aviation Brigade at Fort Bragg, North Carolina. He served on active duty in Afghanistan in 2004. Dr. Magoline has earned numerous honors and awards, and he is a member of several state and national medical societies. He has authored and co-authored a number of research papers and presentations. He is a former associate team physician for the Pittsburgh Steelers. Dr. Magoline has been a physician since 1993. He sees patients in Montrose and Stow.

Ronald C. Mineo, D.O.



Dr. Mineo is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in hip and knee replacement surgery and arthroscopic

surgery. He is a graduate of Youngstown State University and the Ohio University College of Osteopathic Medicine. He served his residency at Doctors Hospital in Columbus and his fellowship in hip and knee arthroplasty at Joint Implant Surgeons in Columbus. Dr. Mineo has additional training in the Oxford Unicompartmental Knee Replacement and Minimally Invasive Hip and Knee Replacement. He is a member of state and national medical societies. Dr. Mineo has been a physician since 1999. He sees patients in Kent and Streetsboro.

Our joint specialists

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Mark M. Musgrave, M.D.



Dr. Musgrave is a board-certified orthopaedic surgeon, who specializes in total joint arthroplasty and sports medicine. He is a Magna Cum Laude graduate of the

University of Dayton and The Ohio State University College of Medicine. He served his residency at Summa Health System's Department of Orthopaedic Surgery. Dr. Musgrave is a member of several state and national medical societies. He has presented at research conferences and in professional publications regarding orthopaedic issues. Dr. Musgrave has been a physician since 1994. He sees patients in Medina and Wadsworth.

Daniel M. Myer, M.D.



Dr. Myer is a board-certified, fellowship-trained orthopaedic surgeon. He is a graduate of The Ohio State University and The Ohio State University

College of Medicine. He served his residency at Summa Health System and his fellowship at Orthopaedic Research of Virginia. Dr. Myer has earned numerous honors and awards and has been a team physician at the high school and college level. Dr. Myer has been a physician since 2006. He sees patients in Cuyahoga Falls.

Timothy J. Myer, M.D.



Dr. Myer is a board-certified orthopaedic surgeon, who specializes in sports medicine. He is a graduate of the University of Rochester (New York) and The

Ohio State University College of Medicine. He served his residency at Akron City Hospital and Children's Hospital Medical Center of Akron. Dr. Myer is a Fellow for the American Academy of Orthopaedic Surgeons and a member of several state and national medical societies. He is team physician for the University of Akron athletic program. Dr. Myer has been a physician since 1973. He sees patients in Cuyahoga Falls.

Kyle R. Nelman, M.D.



Dr. Nelman is a board-certified, fellowship-trained orthopaedic surgeon, who specializes in arthroscopic surgery of the shoulder and knee, as well as total

joint replacement surgery. He is a graduate of Otterbein College and the University of Cincinnati College of Medicine. He served his residency at Summa Health System and his fellowship at The Sports Clinic in Laguna Hills, Calif. Dr. Nelman has been published and presented at conferences. He has been a team physician at the high school and college level. Dr. Nelman has been a physician since 2005. He sees patients in Kent.

Our joint specialists

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Jeffrey S. Noble, M.D.



Dr. Noble is a board-certified, fellowship trained orthopaedic surgeon, who specializes in arthroscopic and reconstructive surgery of the knee and shoulder,

shoulder fractures, and sports medicine. He is a graduate of the University of Iowa and the University of Iowa College of Medicine. He served his residency at Akron City Hospital and his fellowship in reconstructive surgery of the shoulder and knee at Steadman-Hawkins Clinic (Colorado). Dr. Noble has been published in professional publications, written abstracts and has presented at professional meetings. He has won several research awards. Dr. Noble is associate professor of orthopaedic surgery at Northeast Ohio Medical University. Dr. Noble has been a physician since 1986. He sees patients in Montrose.

William A. Pakan, M.D.



Dr. Pakan is a board-certified, fellowship trained orthopaedic surgeon, who specializes in arthroscopic surgery of the shoulder and knee,

and knee and hip reconstructive surgery. He is a graduate of Kent State University and Northeastern Ohio Universities College of Medicine. He served his residency at the University of Kentucky, where he also served his fellowship in sports medicine. Dr. Pakan is a member of several state and national medical societies. He is team physician for the Kent State University athletic program. Dr. Pakan has been a physician since 1985. He see patients in Akron at North Coast and Kent.

Kurtis N. Stemple, M.D.



Dr. Stemple is a board-certified orthopaedic surgeon, with an interest in total joint replacement and sports medicine. He is a graduate of the University of Akron and

Northeastern Ohio Universities College of Medicine. He served his residency at Summa Health System. Dr. Stemple has earned numerous honors and awards. He completed a Family Medicine Fellowship at Summa Health System, where he assisted with the creation of a survey investigating the use of medical chaperones. He has delivered several presentations. Dr. Stemple has been a physician since 2001. He sees patients in Barberton.

PLAY 4

FORMING YOUR GAME PLAN

Q&A with the Coach

Gerry Faust discusses his experience with knee pain and Crystal Clinic Orthopaedic Center

How did you first injure your knee?

I was injured in college, playing quarterback for the University of Dayton. I was blindsided as I went back to pass. As I got older, the pain from the injury began to bother me.

When did you know it was time to have knee replacement surgery?

It was to the point where the pain was unbearable. I was having a hard time walking. I knew it was time.

With your new knee, how active are you? Is there any pain?

There is no pain. I have a very busy life – outdoor activities, visiting my three children and six grandchildren, and delivering motivational speeches. I am always on the go. Without the surgery I would not be able to get around. I am very happy that I had the surgery. I feel like I am in my 50s again. (Faust turned 77 in 2012.)

Do you have any advice for patients who are considering knee replacement surgery?

Once you get to the point where the pain becomes unbearable, find the best surgeon, have the operation and undergo the therapy. You'll be up and going in no time.

PLAY 5

MORE FOR YOUR GAME PLAN

Additional Q&As

How do I know if I need a hip or knee replacement?

Quality of life is the bottom line in deciding whether to have a hip or knee replacement. If your quality of life is deteriorating – if you're giving up things you enjoy – then it is time for a joint replacement. Usually, patients will have tried alternative treatments prior to deciding on surgery, such as anti-inflammatory medications, physical therapy and injections.

I'm having hip pain. Can you tell me what's wrong?

If you have trouble crossing your legs and tying your shoes, you have a bad hip. Hip pain follows a specific pattern. A bad hip will cause pain in the front of your leg, from the groin sometimes down to the knee. If the pain is coming from the back of your leg, it usually indicates a spine problem.

My friend struggled after knee replacement surgery. Will I do the same?

Recovery time is longer and harder if you wait too long to have the procedure. You pick the time. But if you have the surgery before your knee begins to stiffen, your recovery will be that much smoother. That's why it's important to see a specialist as soon as possible.

“Once you get to the point where the pain becomes unbearable, find the best surgeon, have the operation and undergo the therapy. You'll be up and going in no time.”
— Gerry Faust

PLAY 5

MORE FOR YOUR GAME PLAN

Additional Q&As

Why should I have surgery before the joint stiffens?

Waiting until the joint stiffens means you will have a longer recovery process. The best way to prepare for surgery is to do strengthening exercises, stay active and avoid letting your joint stiffen or weaken.

Is there an age limit for knee or hip replacement?

Age is not a deterrent. Thanks to new technology, implants last longer today because they are modular, meaning our specialists

can go in and replace the plastic pad for hips and knees after 20 years or more with a relatively simple operation.

After surgery, how much pain can I expect? How will the pain be managed?

The amount of pain will depend on how stiff the joint was prior to surgery and how much physical therapy is required. The pain will be managed appropriately. Crystal Clinic Orthopaedic Center utilizes all modern pain control protocols.



PLAY 6

REHABILITATION

Getting Back on the Field

Surgery is only one component of an integrated team approach to help relieve your hip or knee pain. Therapy is also an important part of the process. Physical therapy is done the day of surgery, during the course of your hospital stay and at home for three weeks. In addition, some patients may need additional outpatient physical therapy.

Coach Gerry Faust can speak to the importance of physical therapy. After his first surgery he chose to rehabilitate his new knee himself. Several years later, the knee began to slip and he experienced pain, leading to his second knee surgery at Crystal Clinic Orthopaedic Center. This time he underwent land and aquatic therapy. The therapy was outstanding, he says. The lesson is patients should know that care after surgery is as important as the surgery itself.



Judy Salmond, hip pain patient

Watch Judy's story at crystalclinic.com/Judy



To watch our patients talk about their experiences with total joint replacement surgery and getting back to their favorite activities, go to crystalclinic.com/NoMoreJointPain.

Crystal Clinic Orthopaedic Center Locations

**Crystal Clinic Orthopaedic Center has convenient locations
throughout Summit, Medina and Portage counties**

MONTROSE

Orthopaedic Surgeons

3975 Embassy Parkway
Suite 102
Akron, OH 44333

Summit Hand Center

3925 Embassy Parkway
Suite 200
Akron, OH 44333

Crystal Plastic Surgeons

3925 Embassy Parkway
Suite 300
Akron, OH 44333

Surgery Center

3975 Embassy Parkway
Suite 202
Akron, OH 44333

AKRON

North Coast

20 Olive Street
Suite 200
Akron, Ohio 44310

Crystal Clinic Orthopaedic Center at Summa St. Thomas Hospital

444 N. Main Street
Akron, Ohio 44310

BARBERTON

72 Fifth Street SE
Suite A
Barberton, Ohio 44203

CUYAHOGA FALLS

437 Portage Trail
Cuyahoga Falls,
Ohio 44221

GREEN

2818 S. Arlington Road
Akron, Ohio 44312

KENT

2007 State Route 59
Kent, Ohio 44240

MEDINA

4975 Foote Road
Suite 100
Medina, Ohio 44256

STOW

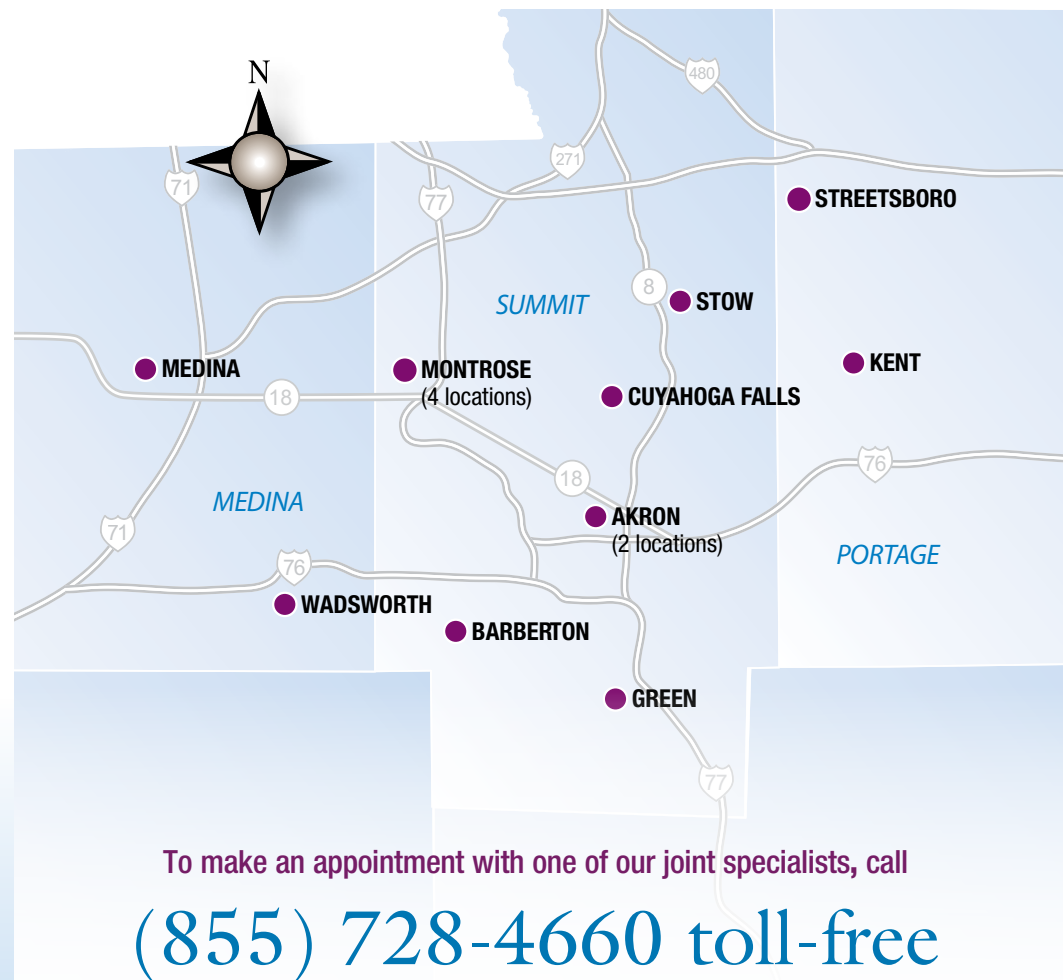
4465 Darrow Road
Stow, Ohio 44224

STREETSBORO

9318 State Route 14
Streetsboro, Ohio 44241

WADSWORTH

185 Wadsworth Road
Suite 2B
Wadsworth, Ohio 44281



To make an appointment with one of our joint specialists, call
(855) 728-4660 toll-free



Joint Pain Assessment Calendar

How much hip or knee pain are you experiencing this month?

Keep track using this record.

Start Date: _____

End Date: _____

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Did you cancel or miss any plans because of hip or knee pain on any of the days that you answered yes? ☐ Yes ☐ No

If you answered yes, please circle your level of pain.

Day_____	Did you cancel or miss any plans?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Day_____	Did you cancel or miss any plans?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Day_____	Did you cancel or miss any plans?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Day_____	Did you cancel or miss any plans?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Day_____	Did you cancel or miss any plans?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Day_____	Did you cancel or miss any plans?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Did you record one or more days of hip or knee pain this month?

☐ Yes ☐ No

Additional notes or comments (optional)

