



TRUSTWORTHY INFORMATION  
FROM AAHKS SURGEON MEMBERS

# YOUR COMPLETE GUIDE TO JOINT REPLACEMENT

Visit [www.AAHKS.org/HipKnee](http://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!