

ADVANCING
YOU

TANNER
ORTHO AND SPINE CENTER



ADVANCING **YOUR**

STRIDE

It's your **you** time. It's where you watch the seasons change, reconnect with your favorite music and find your center. You started running because you knew it was good for your body, but you had no idea it was this good for your soul, too.

But ever since your stumble a few months ago, you've been pulling back. You don't want to go as far, and you're not moving as fast. Your knee makes you wince with every step. You used to eat 5Ks for breakfast, but lately, even climbing the stairs is a physical challenge.

You don't have to hurt.

ADVANCING **YOUR**



Another family outing, and here you are in your easy chair. You sat out the trip to the botanical gardens, excused yourself from the science museum and missed the farmers' market.

Your grandkids are growing up, and there's a world of adventure out there you'd love to share with them. But your hip pain keeps getting worse, and you worry that you won't be able to keep up. So your family goes and you graciously make excuses because of the pain.

You don't have to miss out.



ADVANCING **YOUR**



Last season, you made it to the semifinals. But ever since that ill-advised head-first slide into second earlier this season, your swing has suffered and you can barely remember what being on base feels like.

You weren't made to ride the bench, but here you are. And your sore shoulder isn't just affecting your play — you can barely wash your hair or lift a bag of groceries now. Aren't you ready to be the terror of the rec leagues again?

Get back in the game.



STOP hurting. START living.

Muscle and joint pain can last weeks, months — even years — before you decide to do something about it. In that time, you compensate, struggle or sit out. Time passes and you tell yourself that you're making do just fine.

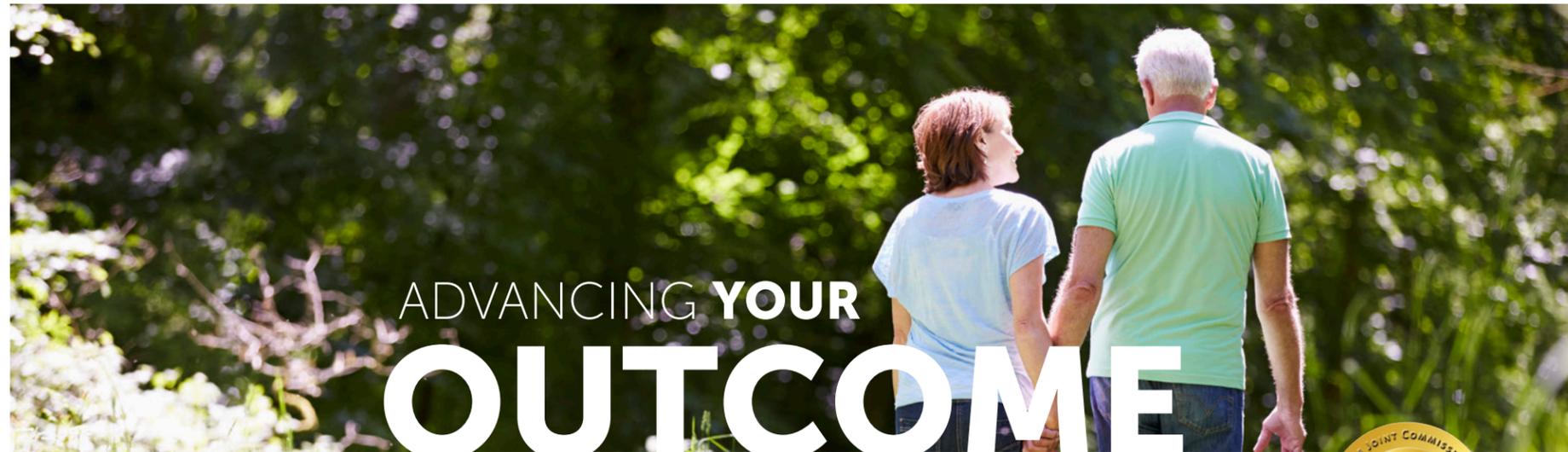
We understand. Treatment for joint pain can seem scary. No one is ever excited to hear they need a new shoulder, or a new knee or hip. You remember others you've known who had joint replacement and other orthopedic procedures — the painful surgeries, long hospital stays, the lengthy recoveries.

At Tanner Ortho and Spine Center, joint care isn't what it used to be.

Here, you'll have **an orthopedic nurse navigator** to walk you through the process, explain what you need to do and what life will be like after a procedure. Our physicians work with you in a multidisciplinary team to **develop a care plan** that you're comfortable with, looking at **surgery only when absolutely necessary** or the best course of treatment.

If a joint replacement is in order, we have a special **Tanner Joint Academy** where you'll meet others facing the same procedure and learn even more about what to expect. And you'll benefit from advanced surgical techniques and the latest evidence-based aftercare that will have you up and walking on your new knee or hip within 24 hours of your surgery. It's state-of-the-art care and it's close to home.

Orthopedic care has come a long way, and at Tanner Ortho and Spine Center, we're on the leading edge of advancing your health.



ADVANCING YOUR OUTCOME

Tanner Ortho and Spine Center has earned a **specialized disease-specific care accreditation** from The Joint Commission — the nation's foremost credentialing agency for hospitals and healthcare organizations — for total knee replacement and total hip replacement.



The Joint Commission's Disease-specific Care Certification program evaluates clinical programs across the continuum of care. Certification requirements address **three core areas**:

- Compliance with consensus-based national standards
- Effective use of evidence-based clinical practice guidelines to manage and optimize care
- And an organized approach to performance measurement and improvement activities

The accreditation means that Tanner has undergone an intensive on-site review, and that the organization demonstrated its ability to use clinical outcomes and other performance measures **to improve care, prepare you for treatment** and **provide follow-up care** after you leave the hospital.

Tanner Ortho and Spine Center is also recognized by Blue Cross Blue Shield as a Blue Distinction Specialty Care provider in knee and hip replacement surgery and spine surgery.

Research means medicine is constantly changing. At Tanner Ortho and Spine Center, we've proven you'll **receive the best care** backed by **the most recent innovation.**

Take a (pain-free) step toward feeling better.

You're ready to explore the advanced treatment options available at Tanner Ortho and Spine Center.

You can arrange for an orthopedic consultation with a board-certified orthopedic specialist on Tanner's medical staff by calling **770.214.CARE** at any time.

Learn more about the services available through Tanner Ortho and Spine Center online at **TannerOrtho.org**.



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