



IOWA ORTHO

A CENTER OF EXCELLENCE



Educational classes are held at:

YMCA Healthy Living Center
12493 University Avenue
Clive, Iowa

For more information call the
YMCA Healthy Living Center at
515-645-3350

If you are a member of the
YMCA join us each Thursday
before the weekly educational
class for Water Exercises
from 5:30 - 6:15.

Iowa Ortho, in partnership with YMCA Health Living Center, has developed a specialized educational program. Chronic and acute pain can often decrease recreational activities and even cause pain when attempting minor activities of daily living. It's important to know how joints function, before and after injury or disease such as arthritis, and understand available treatments to help you lead a more pain free lifestyle. Iowa Ortho is returning patients to **everyday** activities...**every day!**

March Education Dates:

- March 3, 6:30 p.m. – **Hand and Wrist Tendonitis**, Ze-Hui Han, M.D.
- March 10, 7:00 p.m. – **Common Hand Injuries**, Michael Gainer, M.D.
- March 24, 7:00 p.m. – **Osteoarthritis Education and Sex after Total Joint Replacement**, Craig Mahoney, M.D.
- March 31, 6:30 p.m. – **Athletic Hip Injuries**, Steven Aviles, M.D.

This is a weekly series. Those who participate in 10 weekly events will receive a free t-shirt.

www.IOWAORTHO.com

ORTHOPAEDICS

JOINT REPLACEMENT

FRACTURE CARE

DIAGNOSTIC SERVICES

SPORTS MEDICINE