



## Having a HIP or KNEE replacement?





Would you like to ....

CHAT with others who have been there before you

FIND OUT what it's really like before, during and after

**GET INFORMED** with tips and advice on things you'll not even have thought about but do need to know

**GET SUPPORT** and encouragement to help you through recovery and get the very best out of your new joint!

Find all this and more at

## **BoneSmart**

the forum that does have it all!!

www.bonesmart.org/forum

This forum is monitored by a registered nurse with 55 years of experience in joint replacement surgery

Information available on <a href="https://www.bonesmart.org">www.bonesmart.org/forum</a> is totally impartial. It has no bias, is not a marketing tool and does not promote products in any way whatsoever