



# WHAT TO EXPECT AT YOUR ORTHOPEDIC APPOINTMENT



## WELCOME!

We want to make your visit to Fox Valley Orthopedics as easy as possible. It's our goal that every patient leaves with a full understanding of their condition and the ways we can help them achieve a full recovery. If you ever have questions, please don't hesitate to ask any of our medical staff.

We are at your service!

With this in mind, we look forward to meeting you in our offices. Be assured that you will receive the highest level of personal care - each of our doctors has been chosen not only for their impressive credentials, but also for their overall bedside manner. We pride ourselves on the fact that our office continually receives positive reviews about each one of our physicians, and we plan to continue that trend well into the future.

## PATIENT FORMS

Unfortunately, paperwork cannot be avoided, but we make every attempt to make it as convenient as possible. If you are a new patient, please plan to arrive 10-15 minutes early to complete the necessary forms. We also ask that you bring a list of current medications and any past surgeries so that we can have a full picture of your health.

## QUESTIONS

Prepare to ask and answer questions. It's helpful to write a list of questions you'd like to ask your doctor in advance. Also, be prepared to answer questions as completely and honestly as possible. The more information we have, the more straightforward and successful a treatment plan we can make.

## PHYSICAL EXAM

Please wear comfortable clothing that allows you to easily get to the affected area. Your physician will likely need to test the strength of your limbs, range of motion, reflexes, and more. Each test provides a piece to the puzzle, so please expect that they will occur during your overall exam.

## FOLLOW-UP TESTS

Your orthopedic surgeon may need to get a picture of your condition at a level that is beyond physical examination, such as an MRI or x-rays. Prepare yourself for this possibility. These tests are used to rule out potential issues as often as they are intended to diagnose them.

## TREATMENT PLAN

A good appointment will end with suggestions from your physician that you will need to carry out. This may include physical therapy, surgery, an exercise regime, or a prescribed medicine. Each suggestion that one of our physicians makes is done with the utmost care and your health as the main priority.

We diagnose individually and provide our treatment plans the same way. No two people have the same solution. We base our recommendations on your overall health, ability level, test results, and other factors.