

New Year, New Inspiration

It's January, a time to reassess our busy lives and think about how we can better balance our lives during the next year. Whether you're planning to undergo a joint replacement or not, here are two simple things you can do to optimize your health.

Get your health evaluated. Schedule an appointment with your doctor to learn of any health issues. When facing surgery there are steps to take to help prevent complications, particularly for those with cardiac, or clotting risk or inflammation difficulty.

Set a goal to improve your health. Make it specific, small and actionable. Small changes can often yield big results. SwiftPath wishes you a happy and healthy 2018.

[Watch video for more about optimizing your health](#)



Wendall Adams Jr., MD John Steedman, MD Anthony B. Van Bergeyk, MD

SwiftPath Strong at Rainier Ortho

While Rainier Orthopedics has already embraced the SwiftPath Program, we'd like to take the opportunity to welcome an addition to SwiftPath - Dr. Anthony B. VanBergeyk. He has been at Rainier Ortho since 2005, and now joins two of his colleagues in the SwiftPath Program, Dr. John Steedman and Dr. Wendall Adams Jr.

DeAnna Hungerland, nurse and JointCamp instructor at Rainier Ortho says, "The SwiftPath Method is a great addition to our practice. Each surgeon is able to author their Patient Guide with their own unique protocols. When that is combined with the SwiftPath Method of care, it is a powerful program with excellent results."

[Learn more about Rainier Ortho](#)

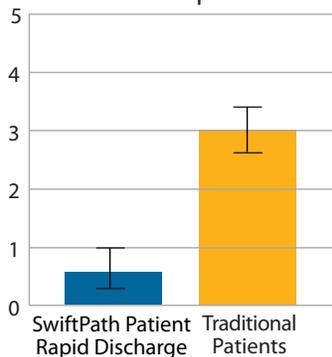
New Year, New Joint. Carpe Diem!

You've been told you need a joint replacement. You are living with chronic pain. You are leery about the inconvenience, pain, narcotic dependency and potential complications that come with surgery. But what if your chance of recovering with less pain, downtime and narcotics is possible. Well, it is.

The SwiftPath Program is a proven method of joint replacement with minimally invasive techniques that allows patients better outcomes and faster recovery.

[Visit us on Facebook to see what patients are saying](#)

Average # of Days in Hospital After Joint Replacement*



Pain Reporting* (1= less pain, 5=more pain)

