Walk-ins welcome! Saturday and Sunday appointments available.

Intracaval PRP
Dr. Craig Ren
Ask the Orthopedic Expert

What have you heard about PRP treatments? Some people believe they are the answer to knee pain. Why is this? Find out more, including how to get your questions answered, in Dr. Ren’s column. Plus, a quick tips section on how to lower your knee pain.

How to choose a hip replacement surgeon
Dr. Louis Hui

What have you heard about hip replacements? For some, it’s worth the risk. But how do you know you’re getting the best care? Dr. Hui discusses factors to consider when selecting a surgeon for your hip replacement.

Over Thirty Years of Experience and Progress
Hip replacement and hip arthroscopy have come a long way. From metal-on-metal components to modern ceramic, hip replacements are more successful than ever before. Today, we’re proud to announce a new addition to our hip replacement options: the Mark II hip.

Dr. Hui’s Testimonial

Dr. Hui: I chose the Mark II because I like how it looks, feels and how it can continue to improve.

Check out the hip comparison tool to learn more about the Mark II.

Daniel Woods, M.D.
Now seeing patients in St. John!

Dr. Woods is now accepting new patients! If you’re looking for an orthopedic surgeon who can help with your joint pain, Dr. Woods can help. Contact our office to schedule an appointment today.

Robert W. Coates II, M.D., FAANS
Now seeing patients in St. John!

Dr. Coates is a plastic surgeon who specializes in reconstructive surgery. He is committed to providing his patients with the best possible care and results. Contact our office to schedule an appointment today.

5 tips to prevent injuries while shoveling

Shoveling snow is one of the most common winter activities, but it can also be one of the most dangerous. Follow these tips to prevent injuries while shoveling:

1. Start slow. Set your pace so you’re breathing normally.
2. Take breaks. Take a 5-minute break every 15 minutes.
3. Pack smart. Instead of digging down, add the snow to the side.
4. Stay prepared. Wear appropriate shoes and clothing.
5. Stay hydrated. Drink plenty of water to prevent dehydration.

Stay safe this winter and remember to keep your body healthy.

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