



Welcome

We want to make your visit to see Dr. Seeds 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 Dr. Seeds and Staff.

We are at your service.



Here is a list of five things you can expect from your visit:

- 1. Patient Forms:** Unfortunately, paperwork cannot be avoided. But, we've made it easier by enabling you to fill out all of our forms online in advance of your appointment. Just go to www.midwestbonejoint.com, click on "Patient Information" and choose "Patient Forms" to fill out your forms online.

If you are unable to fill out paperwork online, please arrive 10-15 minutes early to complete the necessary insurance paperwork. We also ask that you bring a list of current medications and past surgeries so we have a full picture of your health.

- 2. Questions:** Prepare to ask and answer questions. It's helpful to write a list of questions you'd like to ask Dr. Seeds in advance. Also, be prepared answer questions as completely and honestly as possible. The more information he has, the more straightforward and successful treatment plan he will be able to make.
- 3. Physical Exam:** Wear comfortable clothing that allows you to easily get to the afflicted area. Dr. Seeds 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.

- 4. Follow Up Tests:** Dr. Seeds 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.
- 5. Treatment Plan:** A good appointment will end with suggestions from Dr. Seeds that you will need to carry out. This may include physical therapy, surgery, an exercise regime, or a prescribed medicine. Each suggestion made is done with the utmost care and your health as the main priority.

Dr. Seeds diagnoses individually and provides treatment plans the same way. No two people have the same solution. Recommendations are based on your overall health, ability level, test results, and other factors.

See you soon!



JAMES R. SEEDS, MD ORTHOPEDIC SPORTS MEDICINE SPECIALIST

Dr. James R. Seeds is a partner at the Midwest Bone & Joint Institute and holds a double board certification in both Orthopedic Surgery and Sports Medicine. He obtained his medical degree at the University of Chicago Pritzker School of Medicine and then completed a five-year Orthopedic Surgery residency at UPMC/Hamot Medical Center. He was then chosen for a fellowship in Sports Medicine at the American Sports Medicine Institute (Birmingham, AL) in the company of renowned surgeons Dr. Lawrence Lemak and Dr. James Andrews, both known for their treatment of professional athletes. For more information about Dr. Seeds, please visit www.midwestbonejoint.com.



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