

Confidence in **your next step**

Feel more confident to speak to your general practitioner about possible treatment options for your potential End - Stage Ankle Arthritis.

Schedule a consultation with your general practitioner or foot and ankle specialist to discuss your symptoms, get imaging tests (X-rays, MRIs), and determine the best treatment option for your needs. Please feel free to use the given talking points for your appointment.

Talking Points to address with your General Practitioner:

- Symptoms and duration
- Any non-surgical treatments you already tried (physical therapy, anti- inflammatory medication, braces, etc.)
- Impact your symptoms have on your daily life
- Concerns about ankle surgery
- Ask questions about the risks and benefits of each option and the
- Impact on your lifestyle
- Your desired outcome for treatment (Pain relief preservation of joint flexibility, pain relief even with limited joint motion, stability)
- Importance to maintain a high level of activity