



## TOWN OF ESTES PARK

Town of Estes Park - Senior Services  
Estes Park Senior Center  
220 Fourth Street  
Estes Park, Colorado 80517  
[www.estes.org/seniorcenter](http://www.estes.org/seniorcenter)

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News - For immediate release

### **What you should know about joint replacement**

Dr. Aaron Florence, DO, will present a free program called, *What You Should Know about Joint Replacement*, on Tuesday, May 5 at 1:00 p.m. at the Estes Park Senior Center, 220 Fourth Street. No registration is needed. The program is sponsored by the Town of Estes Park's Senior Services Division and the Estes Park Medical Center. In this program, you will learn more about your joints, how they function, if you need therapy, how to feel better, and more.

Joints can be damaged by arthritis and other diseases, injuries, or other causes. Arthritis or simply years of use may cause the joint to wear away. This can cause pain, stiffness, and swelling. Bones are alive, and they need blood to be healthy, grow, and repair themselves. Diseases and damage inside a joint can limit blood flow, causing problems. When severe pain or joint damage limits your daily activities, a joint replacement may still be your best option.

Joint replacement can help relieve pain and enable you to live a fuller, more active life. If you and your orthopedic surgeon have decided that you are a good candidate for joint replacement, you are in good company. Once considered high-tech, joint replacements are now a common operation. In 2012, over one million hip and knee replacement surgeries were performed in the United States, making it one of the most common orthopedic procedures performed today.

Dr. Florence joined Estes Park Medical Group in 2010. He is a native of Idaho, and received his Bachelor of Science degree in Biology from Idaho State University and went on to obtain his Doctor of Osteopathic Medicine from A. T. Still University, Kirksville College of Osteopathic Medicine in Kirksville, Missouri. Dr. Florence completed his Orthopedic residency at the New York Institute of Technology - New York College of Osteopathic Medicine at Peninsula Hospital Center and North Shore LIJ Health System. He completed his sub-specialty fellowship training in Sports Medicine at the Barton Lake Tahoe Orthopedic Sports Medicine Fellowship in Zephyr Cover, Nevada. While at Barton Lake, he focused on the treatment of sports related injuries of the US Ski and Snowboard Teams, Collegiate, high school, and recreational athletes with a minor focus on total joint reconstruction in the aging athlete.

For more information, please contact the Estes Park Senior Center at (970) 586-2996 or visit the Center at 220 Fourth Street, Monday through Friday between 9:00 a.m. and 4:00 p.m. Please visit the Senior Center website at [www.estes.org/seniorcenter](http://www.estes.org/seniorcenter). To receive Senior Services news in your e-mail inbox, please e-mail [lmitchell@estes.org](mailto:lmitchell@estes.org).

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