

# New Year New Knees

## A free seminar by Dr. Karl Balch, Orthopedic Surgeon

Dr. Karl Balch was born in San Diego, CA. He completed his undergraduate studies at the University of Southern California and medical school at the University of Chicago. He completed his Orthopedic Residency at Ohio State University and his hip and knee replacement fellowship at Medical College of Virginia / VCU.

In this Doc Talk, Dr. Balch will be discussing the knee anatomy, arthritis, and what your options are to get the most out of your knees.



Dr. Balch will provide expertise on the following:

- Basic knee anatomy
- Arthritis: What is it?
- How to improve bone health
- Best exercises for painful joints
- When you should see a specialist
- Joint replacement
- When you should see a specialist
- Orthopedics during COVID

**FREE SEMINAR**

**Friday**

**January 21, 2022**

**12 PM – 1 PM**

**Virtual Doc Talk**

Please RSVP Stephanie Verrell @ [Stephanie.Verrell@CommonSpirit.org](mailto:Stephanie.Verrell@CommonSpirit.org) for Zoom link or register at <https://dignityhlth.org/3347D2s>