March 2 A Million
Reshaping Recovery
One Patient at a Time

HIP & KNEE REPLACEMENT
RECOVERY

Join the March 2 A Million Movement.

Your recovery can help prove that hip and knee surgery doesn't require opioids — and give the next patient hope.



A smarter way to manage pain.

Your surgeon follows an opioid-sparing protocol designed to control pain from several angles — before, during and after surgery — so most patients need fewer than 10 opioid pills, or none at all.

◆ TOOK 10 OR FEWER OPIOID PILLS?

Join the leaderboard & share your story.

01 Scan the code with your phone camera.

02 Log your recovery to be added to the leaderboard.

03 Share a few words to help the next patient feel less afraid.

LOG YOUR RECOVERY →

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