



FOR IMMEDIATE RELEASE

OrthoIllinois' JOYNT Program Featured at Becker's ASC Conference

Rockford, Ill. (Oct. 18, 2021) –[OrthoIllinois](#), a leading bone and joint health care provider in northern Illinois, will present on its [JOYNT program](#), a comprehensive, 12-week weight loss program designed for patients with osteoarthritis in their hip or knee ineligible for surgical treatment, at the Becker's ASC Review's Annual Meeting on Oct. 22 at the Hyatt Regency in Chicago.

Dr. Michael Chmell, medical director of the OrthoIllinois Surgery Center and Megan Salser, JOYNT Program Coordinator at OrthoIllinois will present "JOYNT: A Comprehensive Program for Pre-Operative Weight Reduction," a topic that has not been covered before at the annual conference. During the presentation, they will provide an overview of the program and how it began, information on the steps of the program, and the results to date with their patients.

"We are excited to present on the JOYNT program and share outcomes to our ASC colleagues at the Becker's event," said Dr. Chmell. "We have seen amazing results from our patients with 36 percent of program participants being able to move on and receive the surgery. We believe this program is something that others in the industry will embrace."

In 2019, OrthoIllinois partnered with the YMCA of Rock River Valley and Judson University to launch the JOYNT program which earned its name from the first letters of all three organizations involved in the partnership, as well as the journey – navigating and transformation. The innovative program offers a combination of exercise, diet, and social support to help guide patients on their weight loss journey.

In recent years, medical and surgical complications stemming from joint replacement have been directly correlated with patient obesity. It's this correlation that has created a pre-surgery mandate that patients who need joint replacement must be at, or close to, a BMI of 38 or lower in order to qualify for the surgery.

The program consists of water aerobics twice weekly to help with strength, weight loss, and mobility; dietary consultations with a registered dietician, tailored to each patient's health and weight loss needs; and weekly group therapy meetings to develop a support system with peers. In addition, patients have the opportunity to learn coping skills for eating and exercising.

Becker's Annual Meeting, now in its 27th year, is an annual event that hosts conversations led by ASC owners, operators and industry executives focused on strategic growth, total joint replacements, payer trends and more. This hybrid live and virtual event will be full of practical insights and expertise, and attendees will leave panels with actionable ideas to immediately improve their centers.

For more information on the JOYNT Program, contact Megan Salser at (815) 484-6917 or visit www.orthoillinois.com/joynt-program.

(more)

About OrthoIllinois

Established in 1967, OrthoIllinois serves the northern Illinois region in multi-specialty orthopedics from offices in Algonquin, Elgin, McHenry, and Rockford, and offers a full range of bone and joint care, including the specialties of neurosurgery, podiatry, physical medicine and rehabilitation, occupational health, and rheumatology. OrthoIllinois offers the ancillary services of physical therapy, MRI, and custom orthotics, and an outpatient surgery center. Visits are available with no appointments at the Injury Express urgent care locations in Algonquin, McHenry and Rockford. Visit www.orthoillinois.com for more information.

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